



Open Exercise Class Descriptions

Water Fitness Classes

AM Aqua Blast – Start your day off with an intense & challenging water cardio class. Held in the large pool, water weights, noodles, and kick boards are used to help you burn calories while building strength and endurance.

AOA Water Fitness – An aquatic program for all levels. This class is held in the small warm pool and work-out includes: stretching, cardio, strength, and core work.

Arthritis Class (AOA Joints in Aqua) – Held in the small, warm pool for people with arthritis or other muscle/joint problems. Works on range of motion skills doing every day movements. Enjoy class with a group of Active Older Adults who work on their wellness in the pool and socialize outside as well.

Deep Water Fitness – Held in the large pool, this class uses water weights and resistance bands for an invigorating and challenging class. It focuses on strength, cardio, and core.

Water Boot Camp – Held in the large pool, this is a fun, fast-paced class for those who are ready for another level of training. Various types of equipment is used to help you meet your goals.

Water Walking – Join Lynn for 30min of low impact class using the natural resistance of water to strengthen core musculature and increase balance, flexibility and coordination. Different types and styles of walking movements will be performed such as forward, backward and side to side.

Mind & Body

Hatha Yoga (1.5hrs) – This basic class introduces you to Yoga flows, gentle inversions AND in-depth breathing work; Levels 1-3.

Yoga Flow – In this class, there will be minimal instruction regarding the poses, this class is recommended for students familiar with the asanas (poses) and basic knowledge of proper alignment within each.

Qi-Gong – Qi is the origin of life energy. Using slow, meditative movements, improve your balance and posture. Find mental and physical harmony as you learn to focus your breath and still your mind. Open to all.

Stretch & Core – Provides the body with a working foundation of the core. Stretching improves flexibility, range of motion, lengthen muscles and decrease the risk of injury. A body with strength and flexibility is less likely to be injured. This class involves the integration of coordination, proper movement patterns, change of posture, enhancement of balance, increased strength of the spine, and prevention of back injury.

Tai Chi Basics – Moving meditation which will help reduce stress, improve balance by strengthening the lower body and increase overall well-being. Class begins with stretching warm-up, then practices slow-moving Martial arts type postures and deep breathing techniques following the Yang Long-form style of Tai Chi.

Yin Yoga – Slow-paced style of yoga with poses that are held for longer periods of time – 3 to 5 minutes per pose is typical. Yin Yoga enhances the range of motion in the joints. Yin Yoga focuses on exercising the connective tissues within our joints.

Cardio Focus

Cardio Kickboxing – This popular training program will have you punching, kicking, and blocking your way through calories in a fun, sweat-inducing kind of way. You'll increase your cardiovascular health, strengthen muscles, increase balance and coordination, and burn up to 700 calories an hour in the process.

***NEW* Nia** – Holistic fusion fitness for your spirit, soul, and body is based on moving your body in your body's way. Nia combines essences of dance arts, martial arts, and healing arts with eclectic international sounds through non-impact pleasurable and joyful exercise that leaves you feeling fresh and fit. All Nia classes are taught by licensed Nia Instructors.

Y-Cycle – Fun indoor group cycling. Instructors choose music and help motivate you up hills, over jumps, through sprints and much more. Adjust intensity to your own level.

***NEW* Step HIIT** – Challenge your body in this 60 minute high intensity interval training (HIIT) workout. A step will be

incorporated into both strength and cardio intervals; increasing strength, power, and endurance. Modifications offered for varying fitness levels.

Cardio/Strength Combo

HIIT – Take your fitness to a new level with HIIT (high intensity interval training). YOU choose just how intense to make your workout! This class combines cardiovascular conditioning with resistance training in various interval formats for a full body workout. Modifications for all fitness levels.

Bikes & Barbells – Cycling combined with a full-body sculpting class, it is designed to increase your performance and enhance muscle tone. This on-and-off the bike class includes weights & core training. Work at your own pace.

Sunrise Bootcamp and Bootcamp – A full-body workout designed for all fitness levels combining techniques from sport-like activities and exercises using your own body weight or hand weights to achieve ultimate results.

Cardio Mix and Core Fit – This class delivers the body with a working foundation of the core with the integration of coordination, proper movement patterns, enhancement of balance, increased strength combining intervals of cardiovascular conditioning & core focused movements. All fitness levels welcome.

CycleFlex – Cycling with weight and core training. This class takes place on and off the bike, allowing you to work at your own pace.

Functional Fitness – Train your muscles to work together and prepare your body for anything life throws at you with this circuit-style workout. Alternating between cardio and total body strength moves ensures you'll get the maximum cardiovascular and muscular benefits, while working the upper and lower body at the same time emphasizes core stability and promotes a strong, balanced body. Modification for all levels allows you to progress at your own pace.

P360 – A fun mix of PiYo Live and P90X in this 60minute total-body workout which incorporates resistance, power and flow to beat driven music. Participants will use a combination of weights and body weight.

STRONG by Zumba® – This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music specifically designed to match every single move. You will burn calories while toning arms, legs, abs and glutes.

Tabata – this class is taught in interval format – each exercise done is comprised of 20 seconds of high intensity with 10 seconds of recovery. Tabata is a form of HIIT (high intensity interval training) which has shown to be an excellent way to increase fitness without unnecessary stress on the body and joints.

Strength Focus

Abs & Core (30min) – Innovative, creative exercise that challenge your entire core for a class that's more than crunches.

Pilates – This multi-level class blends essential and intermediate exercises of mat Pilates repertoire with correct progression allowing for a great workout while fostering basic principles and fundamentals of mat Pilates format.

Total Body Strength – A full body strength workout targeting all muscles of the body using a variety of strength training techniques. The use of cardio acceleration will be integrated between strength training sets to maximize calorie burn. Build strength, stamina, and boost metabolism. This class involves the use of weights, calisthenics, and minimal cardio.

Total Body Tone – A fun, challenging workout that will define your muscles and balance your physique. This is a highly efficient, full body workout that will define and strengthen your muscles by constantly challenging your body using a combination of weights, balls, bands, tubing, and body resistance.

Low Impact

Chair Yoga/Creative Movement – Learn stretches, yoga positions, tai-chi exercises and aerobic movements while seated in a chair. Practice your posture and learn breathing exercises!

***NEW* Core+** – This class takes place primarily on the mat and will use light weights or props. A gentle blend of yoga, pilates, and athletic exercises for better balance and posture, a stronger core and a tighter waist. Lots of stretching to improve flexibility and decrease pain.

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