



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PINELAND BRANCH - GROUP EXERCISE CLASS DESCRIPTIONS

**ALL LEVELS YOGA**- This yoga class is for all levels of participants – work at your own pace. Modifications and challenges offered.

**AQUASIZE**- Water helps support the joints, promotes balance, and working against the current gives the right amount of resistance.

**BEGINNER YOGA FLOW** – This yoga class is great for beginners or those searching for the gentle therapeutic benefits of yoga.

**BOOT CAMP**- 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.

**BOOT CAMP YOGA**- The components of strength work with the rewards of balance and the flexibility of Yoga.

**COACHED RUNNING** – Training for your first 5K? Looking to fine tune your running skills? Or maybe you are just searching for a group to train with. If so this is the class for you! Join our skilled instructor for this 7 week session. Individualized training plans included, registration based.

**CORE YOGA**- Enjoy the benefits of yoga from a core strengthening perspective.

**DROP-IN PICKLEBALL** – Pickleball is a sport in which two to four players use solid paddles made of wood or composite materials to hit a perforated polymer ball over a net. Pickleball has quickly become popular among adults and youth as a fun game for players of ALL skill levels.

**FOREVER FIT**- This class integrates posture, balance, strength, and agility to help you look, act, and feel younger.

**GENTLE YOGA**- This is a very calming yoga class that will focus on stretching, breathing, and modified yoga moves.

**HIGH INTENSITY TRAINING** – Get ready for a blend of high intensity cardio and strength moves to keep your heart rate up and your body in fat burning mode. All levels welcome!

**HYDRO CARDIO**- This class focuses on cardiovascular exercises, while incorporating a variety of equipment.

**HYDRO FIT!** – Mixes cardio, balance, flexibility and strength movements. It may require the use of a variety of equipment or not. Enjoy being in the water while conditioning the entire body. For all levels who are looking for a fun & effective class!

**HYDRO TONE**- This class focuses on strength training movements, using the water as resistance, and incorporating a variety of equipment.

**LIQUID TONING**- A very moderate shallow water exercise circuit training class.

**MAT PILATES**- Involves performing Pilates exercises on the floor using a mat, which employs controlled breathing during body weight resisted movement to build core strength.

**MEDITATION**- Explore different styles, techniques, and methods of meditation, while keeping a base in breathe awareness.

**PEDAL & KETTLE**- 30 minutes of intense cycling followed by 30 minutes of kettle bell. Arrive early and sign up.

**PILATES**- This multilevel class blends the essential and intermediate exercises of a mat Pilates repertoire with correct progression.

**PILATES/YOGA FUSION** - Just what it sounds like – a combination of these two great wellness staples.

**PILATES YOGA FUSION ON THE BALL** - A unique and fun approach to fitness. This class incorporates balance, stability, tone, agility and strength like no other!

**TABLE TENNIS** – Table tennis is a sport that can be enjoyed by individuals of any age and physical ability. It is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination.

**TAI CHI**- T'ai Chi is a self-healing system of slow, graceful exercises that combines movement, meditation and rhythmic breathing to improve flow of the chi which is thought to prevent illness and improve well-being.

**TOTAL BODY**- Engage all major muscle groups, with the added benefit of a great cardio workout.

**Branch Hours:** Mondays-Fridays: 5:30 am – 8 pm | Saturdays: 7 am – 6 pm | Sundays: 9 am – 5 pm



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**Y CYCLE-** A non-impact individually paced cardiovascular workout on specially designed indoor cycling bikes.

**YIN YOGA-** A slow-paced style of yoga with postures, or asanas, that are held for longer periods of time.

**YOGA FLOW:** Is open to all levels of practice and abilities and is especially great for beginners or those searching for the therapeutic benefits of yoga. This soothing gentle practice focuses on moving slowly into basic yoga poses while using the breath as a tool to remain present and mindful. The slow pace of this of this class allows you to enjoy each pose. Expect lots of stretching and lengthening with a heavy dose of relaxation to wrap up your practice and leave you feeling great.

**ZUMBA GOLD®** - Zumba Gold takes the Zumba formula and modifies the moves and pacing for a more moderate workout that focuses on form, core work and some toning. It is great for beginners, active older adults and anyone who wants to stay active, without the high intensity and impact of regular Zumba. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and other world music. It's a dance-fitness class that feels friendly, and most of all, fun!

**ZUMBA STEP®-** Combine the toning and strengthening power of Step aerobics, with the fun fitness party of Zumba.

**ZUMBA TONING/MIX®** – Targeted body sculpting with high energy cardio work and Latin infused Zumba moves = dance fitness party.

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