



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Class Descriptions

Adaptive Movement Group: A class tailored towards folks with neurological conditions and/or anyone needing a gentle form of exercise and movement.

Ageless Flow: Ageless Flow is a unique sequence and variety of functional strength and agility movement patterns. This class is designed to improve balance, conditioning, and coordination. Ageless Flow is structured so that each participant can easily control the level of intensity, increasing or decreasing as needed. Ageless Flow is appropriate for all fitness levels and all ages.

Aquatic Blast: Aquatic Blast is a high intensity workout that moves at a rapid pace and is designed to increase the heart rate. This blast exercise combines cardiovascular and muscular endurance, strength and toning with core abdominal work. This class takes place in shallow and deep water.

Athletic Cardio Flow: A variety of exercises and movements designed to get your heart pumping. Suitable for all levels.

Be Strong: Weight lifting has many benefits; increased bone density, muscle strength and tone, improved endurance and overall better function. It's even better with a coach to guide you every step of the way!

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 and increase balance and coordination.

Cardio & Strength Interval: This whole-body, and well-rounded workout will leave you feeling accomplished and energized for your day! With the use of balls, bands, weights, and steps, no two classes are the same and you'll work muscles you didn't know you had! There will be a variety of levels demonstrated to allow participants to grow and see progress with their own fitness and wellness.

Circuit Fusion: This interval-based class combines full-body strength training and cardio bursts designed to tone your body, improve endurance and agility. A variety of stations eliminate boredom and keep you moving.

Circuit Training: Get the sweat dripping and keep your muscles guessing as you improve your cardiovascular strength, and endurance along with flexibility. This circuit style class will include a variety of routines that will help work your cardiovascular system.

Cornhole: Cornhole is a bean bag toss with a flair that can be played at any skill level. We will have explanations of rules, scoring and more. Athletic ability not necessary... having fun is a prerequisite! Cornhole promotes balance, agility, and hand-eye coordination. Join us and have fun!

Cycling: Cycling is a group exercise class that utilizes stationary bikes to give the rider a more realistic feel of an outdoor bike ride. Since each rider is in control of the intensity level of his/her particular bike, the participant can customize their ride to fit their individual needs and fitness level. Inspirational music and a non-competitive environment ensure a fun, safe, effective experience for all fitness levels. Our cycling classes offer bikes with dual pedals for both athletic shoes and SPD-compatible shoes.

Cycle and Strength: In this class, we fuse high intensity interval training on a cycle bike with strength training off the bike. Options will be shown for all fitness levels.

Dance Fitness: A dance-based, cardio focused, workout! In this class we'll explore many styles of music and dance like Reggaeton, Salsa, Line Dancing, Belly Dance, Jazz, and more!

Fit Circuit: This circuit-based class is excellent for many fitness levels due to the timed format. Every class is different and filled with a wide variety of athletic and functional movements to give you a well-rounded, workout.

Hatha Yoga: Each class will focus on proper alignment, sequencing and timing of each pose and the breath. Poses are held for a longer period of time and the use of props is encouraged to build strength, stamina and flexibility.

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Hatha yoga uses the combination of the breath and poses or asanas to increase flexibility and strength. Meanwhile, movements and breathing also improve stress and mindfulness. Your hatha yoga class will move at a moderate to slow pace and is suitable for advanced, intermediate or beginner yoga practitioners.

Joints in Motion: Enhance your range of motion in the warm therapy pool. The class will incorporate cardio and strength using water dumbbells and will soothe the muscles with light stretches to finish. Non-swimmers welcome.

Kettlebell Workout: This high intensity class will challenge even the most fit. Join us for a variety of formats, all including a mix of kettle bell and body weight exercises. This class requires knowledge and skill with basic kettle bell moves, such as the Swing, and Clean and Press.

Kripalu Yoga: Yoga postures, when applied consciously, encourage concentration, inner stillness, perseverance, patience, self-acceptance, objective self-observation and sense of humor. All of these benefit the mind and overall health. Yoga is described as the "doorway" to our inner world.

Lift: Whether you're new to weightlifting or just need some new strength training ideas, this muscle conditioning class is for you.

Low Key Tai Chi: This class is geared towards those who want a low impact form of Tai Chi (or exercise) and would still like to stand for balance and weight bearing purposes. We learn a modified but more advanced form than in the Seated Tai Chi class.

NIA Dance: Cross-train your body, mind and spirit through a blend of martial arts, dance arts and healing arts. NIA is a dance class that encourages you to listen in to your body and personalize movement for pleasure and balance.

Pilates: This multi-level class focuses on holistic body fitness, elongated supple muscles, and balance between body and mind. The emphasis is well rounded complete fitness-building core strength and increasing flexibility. Pilates mat classes focus on integrating the entire body using your own body weight, gravity, and props promoting ease and efficiency of movement through focused and controlled exercises developed by Joseph Pilates.

Qi Gong: Qi Gong has been practiced in China for thousands of years, and is often called "Chinese Yoga." "Qi" means vital energy and "Gong" means to work or cultivate. The exercises integrate mind/body/spirit, and consist of both dynamic, moving forms and quiet, still meditations. All movements are done with an awareness of relaxation and tranquility. Qi Gong is effective for reducing stress, enhancing energy, and movement of Qi in the organs and meridians. It can be practiced by people of all ages and abilities.

Seated Tai Chi: This class is designed for those who desire to study the art of Tai Chi but are unable to stand for any length of time. Participants will learn modifications to Tai Chi in an upright seated position. Tai Chi has been documented as enhancing coordination, flexibility and the respiratory system.

Step & Sculpt: This class is comprised of primarily classic Step aerobics choreography to improve cardiovascular fitness with the addition of strength training and stretching toward the last 15 minutes of class. This is a multi-level class focusing on the basics of good form and technique with the ability to modify it to your own fitness level.

Total Barre: A total-body, low-impact workout that integrates elements of Pilates, Yoga, dance, and strength training. Movements develop muscle endurance and control, flexibility, balance, and core strength. Incorporates light hand weights (1-3 lbs.) and an object to stabilize your body, such as a chair, table, or freestanding bar.

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Vinyasa Yoga: This all-levels class invites students to explore the possibilities of yoga by linking movement with breath. Students are guided through pranayama (breathing) and asana (postures) sequences and encouraged to listen to their own bodies, as a means to deepen individual practices, make adjustments, develop new outlooks and have new experiences.

Yin Yoga: This lusciously slow and meditative practice consists of passive stretches held for a period 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, offering a long deep release and preparing the body for a sense of renewed stillness and releasing tension deep within the connective tissues of the body.

Yoga Flow: Primarily Hatha style yoga. Classes emphasizing strength, balance and flexibility while incorporating breath work to move the body into a more healthful state.

This class 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 class emphasizes the Kripalu Yoga connection of mind, body, and spirit. Beginning with centering and pranayama (Yogic breathing), then moving into more active and challenging flow series of standing postures, salutations, and balancing, followed by stretching, and relaxation.

Classes build endurance, strength, assist in flexibility, and promote balance and relaxation. 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®: Zumba® exercise classes blend upbeat world rhythms with easy-to-follow choreography and fitness moves, for a total-body workout that is a blast. It's all about the music and having fun. All levels welcome.

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, 55+ 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 Gold Toning: Tailored for active older adults who want to focus on muscle conditioning and light weight activity.

Zumba Toning®: Combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a strength-training fitness party!