

# ***GROUP FITNESS CLASS DESCRIPTIONS***



## **BACK TO BASICS**

This is a low-impact muscle and cardio class for beginners and intermediates. Interval training to include cardio and strength sections. Work all major muscle groups during the class, There will be new routines every week.

This is a sign-up class.

## **BODY CONDITIONING**

Body conditioning refers to a wide range of exercises that train the whole body. Body conditioning combines cardio & resistance work to an energetic beat to work the whole body. A wide variety of equipment will be used with new formats taught every week. Suitable for all levels as modifications will be given..

## **BOOTCAMP**

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. Bursts of intense activity alternated with intervals of lighter activity.

## **CLASSIC STEP**

Step aerobics is a high-energy, full-body workout, improving your overall fitness by building muscle strength, coordination, and agility, and boosting your cardiovascular health. Research has even shown that it can improve mood and energy levels. Step is appropriate for all fitness levels.

## **CIRCUIT BOOTCAMP**

This bootcamp circuit works your entire body with cardio and strength exercises. You will challenge your body with varying time intervals of work and rest. For all levels of fitness, modifications will be given.

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## **CYCLE**

Spin is a highly effective way to build cardiovascular strength and endurance. Designed for anyone 13 years and older and for all fitness levels. Spin offers a 55-minute ride with energizing music. Get your heart pumping and burn some serious calories. \*\* CYCLES ARE DESIGNED FOR THOSE 5' OR MORE IN HEIGHT\*\*

This is a sign up class.

## **CYCLE & STRENGTH**

A dynamic blending of cycle with strength training! Intense cardio intervals mixed with sets of resistance exercise to give you a hardcore workout. Burn calories, build muscle and increase metabolism. Suitable for all levels of fitness.

This is a sign up class.

## **DANZ INSANITY**

Danz Insanity is a hot, new cardio dance fitness class that combines Danz Athletics, Latin Rhythms and Hip Hop. It is an easy to follow cardio intense class. Dancers and non-dancers love it. It is a great way to get a big cardio workout in and have fun. This is exercise in disguise.

## **FULL BODY STRETCH**

A well balanced sequence providing increased flexibility, mobility, and addressing tension so you can relax and recover. Designed for all athlete levels.

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### **FIT FUN 4 KIDS (5-7 YEARS OLD)**

Upbeat exercise and fun games for children to get active. Help your child gain fitness and movement skills while having fun. For children aged 5-7 years only. Sign in and sign out by parent/guardian required

### **FIT FUN 4 KIDS (8-10 YEARS OLD)**

Develop movement, co-ordination and agility to build a foundation for future sporting activities. Ages 8-10 years. Sign in/out required by parent/guardian.

### **GENTLE YOGA**

Class focuses on releasing tension, connecting with the breath and helping students gain strength and flexibility. Gentle yoga uses classical postures with slight variations to accommodate all levels of yoga students.

### **HIIT**

HIIT: High Intensity Interval Training. Challenge yourself with this total body workout that alternates between intervals of strength and body weight training and powerful, high intensity movements. Class will use a variety of equipment and anything goes. You bring the energy!

### **KICKBOXING**

A high intensity, moderate to high impact cardiovascular class which incorporates the whole body for an awesome workout. You will love the no nonsense sport choreography and the electric fast beat. This class is for beginner through advanced participants. Come try it! After one class you will become addicted.

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### **THE MIX**

The Mix is an interval-based class to include HIIT and Tabata, incorporating cardio and muscle strength components. This class is best suited to intermediate and advanced participants.

This is a sign up class.

### **MONDAY MIX**

Every Monday morning there will be a mix of strength, aerobics, calisthenics, and core. The goal is to mix it up each week and hit all the major muscle groups while burning lots of calories! There will also be time to stretch to improve flexibility.

### **MONDAY NIGHT BOOTCAMP**

This is a high-intensity interval training workout for intermediate fitness levels or above. The instructor will take you through a series of both strength and cardio full-body movements to get you in great shape and improve your overall fitness.

This is a sign-up class only and is not for beginners because of time restrictions between exercises.

### **MUSCLE STRENGTH**

A 55minute class designed to tone, strengthen, & sculpt your muscles.

### **MX4**

Mx4 is a small group trainer-led class providing significantly more personal instruction and attention from the instructor than you would experience in a typical group fitness class.

It offers an efficient, high-intensity workout lasting only 30 minutes.

MX4 is an exhilarating, fast-paced class that revolves around the 4 pillars of fitness: Cardio, power, strength, and endurance.

X4 utilizes TRX suspension straps, smash balls, bands, Pliyo boxes, battle ropes, landmines, kettlebells, dumbbells, rowing machines, and more.

This is a sign-up class, with a maximum of 8 participants.

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### **PILATES**

A method of exercise that consists of low-impact flexibility, muscular strength, and endurance movements. Pilates emphasizes proper postural alignment, core strength, and muscle balance. Pilates moves tend to target the core.

### **YOGA STRETCH**

A mix of gentle flowing movement, that allows the nervous system to discharge excess energy followed by gentle postures held for several minutes to facilitate a deep stretch in the body.

### **STONE ZONE**

A combo of strength training and basic movements to increase muscle strength, improve balance, and enhance flexibility. More time will be given between exercise transitions and modifications given. There will be cardio bursts throughout the workout. This is a sign up class.

### **YOGA**

Focuses on breathing, basic Yoga poses, strength, flexibility, and relaxation. Postures increase in intensity and difficulty as strength and endurance develop. Preparation and assistance for more advanced inversions are included. You can expect an emphasis on simplicity, repetition and ease of movement.

### **ZUMBA**

Exercise in disguise! Ditch the workout and join the fun. It's the craze of the Latin beat and the excitement of shouting and moving those body parts you had forgotten about. This is a cardio workout aimed to please all levels. Zumba routines incorporate interval training - alternating fast and slow rhythms.

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## **AQUA AEROBICS**

A mix of cardio and tone. A fast-paced workout to burn calories.

## **AQUA TABATA**

Aqua Tabata is 20 seconds of BIG effort followed by a 10-second rest, repeated 8 times, mixing a variety of simple yet intense grounded and bounding exercises. Participants are encouraged to work at the level that challenges them while still maintaining good form. This is a 55 minute class.

## **AQUA ZUMBA**

Aqua Zumba combines some of the traditional elements of aqua fitness classes with upbeat, Latin-infused dance moves and music. Low impact but high intensity requiring no swimming skills. This class is designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back

## **WATER EXPLOSION**

This class is Aqua Aerobics at a slower pace. Dumbbells and noodles are used to offer resistance and core work. This class is for all levels of physical ability and can be easily individualized for all energy levels

## **AGAINST THE CURRENT**

An intense water class that works against the current of the lazy river. Water shoes are needed. This class runs from May until September when the outdoor pools are open. This class is weather permitting.