

## ***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.

### **BARRE**

Barre is a low-impact workout that combines ballet-inspired movements, strength training, and flexibility exercises to tone muscles, improve balance, and build core strength through controlled movements.

### **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.

### **CHAIR YOGA**

Chair yoga is a gentle form of yoga done while seated or using a chair for support. It can improve flexibility, balance, posture, core strength, and relaxation, making it a great option for beginners, seniors, office workers, or anyone with limited mobility. This class will also include gentle core work to help build strength and stability.



## **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.

## **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.

## **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.

## **FUSION FIT**

Fusion Fit is a dynamic full-body workout that blends cardio HIIT training, strength training, and flexibility exercises to improve endurance, build strength, and boost overall fitness. Suitable for all fitness levels.

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### **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.

### **KIDS YOGA (4-7YRS) (5-11YRS)**

Kids yoga is a fun way to improve strength, balance, flexibility, and focus. It also helps children relax and build confidence. The instructor will use animal sounds, stories, or imaginative adventures to help children stay engaged.

### **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.

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### **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.

### **PIYO**

PiYo is a low-impact, high-energy workout that combines Pilates, yoga, and athletic movements to improve flexibility, strength, balance, and core stability while boosting overall fitness.

### **STEP, STRENGTH & STRETCH**

Step, Strength & Stretch is a full-body workout that combines step cardio with strength training to improve endurance, build muscle, and increase overall fitness. Suitable for a variety of fitness levels. The class will conclude with 10 minutes of stretching.

### **TEEN YOGA (12-17YRS)**

Teen yoga helps improve strength, flexibility, balance, and focus while reducing stress and promoting relaxation. It supports both physical health and emotional well-being.

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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.

### **TONE ZONE & TONE ZONE 2**

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 will be 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.

### **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.

### **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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### **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.

### **AQUA AEROBICS**

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

### **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.