



# Group Exercise Class Descriptions

## **Agility & Balance**

This class will challenge and improve your balance and make you more agile. You will learn exercises that will move your joints in different patterns. You'll come away stronger and more mobile.

## **Barre**

Barre class, with or without the barre, combines elements of yoga, Pilates, ballet barre and orthopedic exercises in a 45-minute total body, low impact workout. You will use small hand weights and resistance bands and incorporate bursts of higher intensity exercise to elevate the heart rate and increase metabolism. This class will emphasize developing core strength and balance for overall conditioning and toning.

## **Bootcamp**

Bootcamp class involves rounds of strength building circuits, with some cardio before and after each round. Class starts with a warm-up and ends with a relaxing cool-down.

## **Cardio & Core**

One of the best ways to look and feel good is to get a great cardio workout followed by some toning for the abs and back. Lean out, lighten that midsection, and do your body a world of good!

## **Chisel**

This 45-minute workout pairs lifting heavy weight and overload with slow and low reps. You'll challenge the muscles on a different level to build, define and strengthen. Great for all fitness levels as you'll pick your own weights and work at your own level!

## **Core & More Yoga**

Walk taller, feel stronger and enjoy the beats! Focus on core strength, muscle balance, and a full body stretch to decrease muscle tension and gain flexibility. Great for all ages, athletes and anyone looking to enhance their game!

## **Cycle Sculpt**

This hybrid fitness class begins with a music-driven, high-energy ride that is choreographed to the beat of the music. This is a class with varying levels of intensity to help increase your heart rate and boost your endurance. After 20-25 min. on the bike, the class transitions into the Small Studio for a variety of low-impact sculpting movements utilizing bodyweight exercises, resistance bands, and light weights.

## **Cycling**

Indoor cycling or "spinning" provides a high-energy workout that burns calories and improves endurance and strength. During a typical class, various types of terrain—such as hills that you have to climb—are simulated to increase the intensity of the workout. BPM Cycling uses a rhythmic approach to spinning that follows the beat of the music.

## **Full Body Strength**

With bodyweight exercises and the use of various strength training equipment such as dumbbells, bars, exertubes, etc.), Full Body Strength will work your entire body from head to toe. Class will include a 5-min. warm-up and 5-min. final stretch.



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## **LaBlast®**

LaBlast® is a dance fitness program based on all the ballroom dances you see on Dancing with the Stars which was created by Emmy-nominated choreographer & DWTS pro, Louis van Amstel. It is partner-free, includes all components of fitness, and uses music from every era & genre.

## **LaBlast® Line Dancing**

Are you ready to take traditional line dancing out of the saddle and on to the ballroom floor, while blasting it to a whole new level of fun and fitness? Then LaBlast® Line Dance is for you! Easy-to-learn dances including Disco, Foxtrot, Samba, Paso Doble, and more get you moving to all four walls in no time at all. All dances are partner-free and can be done anywhere, making LaBlast® Line Dance the next social dance revolution. Put a smile on your face and join the fun!

## **Level 1 Cycling**

This cycling class will get your heart pumping but is geared for an easier, less strenuous workout than a traditional Cycling class. You'll have fun while boosting your cardiovascular endurance. Level 1 Cycling is great for beginners, seniors, or anyone looking for a lower intensity, but still effective, class.

## **Level 1 Strength**

Based on a philosophy of functional fitness, this class is designed to build strength, improve balance, and increase flexibility. Full body and isolation movements will be incorporated using a variety of fitness tools such as resistance bands, dumbbells, balls and more. Great for beginners, seniors, or anyone looking for a strength class in which you can really work at your own level.

## **LifeStretch®**

LifeStretch® is a mobility-stretch program that is designed to help you become more flexible in body, mind, and spirit so that you feel not only more functionally mobile but also more capable to deal with the physical and mental demands of your life. Movements progress through entire chains of neuro-myo-fascia as opposed to targeting isolated, single muscles. LifeStretch® unique use of self-traction creates space in joints, greater ease of movement, and yields bigger gains in mobility. With regular class participation, you will realize huge gains in mobility and function.

## **POUND®**

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeal to rockstars of all ages and abilities.

## **Power HIIT**

Focused on improving muscular endurance, starting with activation rounds using Exertubes and bodyweight. This is followed by the strength section of the class using personalized weights. Designed to be modifiable for all fitness levels. Enjoy a different workout each week designed to target different parts of the body.



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## **Power Yoga**

Power Yoga is a faster-paced, Vinyasa Flow style of yoga designed to energize and build endurance while strengthening, lengthening, and toning muscles. Emphasis will be placed on linking breath with movement while taking time to feel everything from exhaustion to bliss. Modifications will be offered for poses to suit participants of all levels.

## **Qigong w/ Yin Yoga**

This class will allow you to experience restoration and peace in your mind and body. It's a slower-paced, calming practice that holds a variety of positions to stretch, find the edge of discomfort, and be still. It incorporates traditional Chinese medicine that targets the meridian lines in the body and supports organ health. By relaxing instead of activating muscles in postures, Yin Yoga allows you to pause from everyday life and time your own well-being through movement and breath. Suitable for all levels.

## **SilverSneakers® Circuit**

SilverSneakers® Circuit incorporates upper body strength work alternated with low-impact cardio using a chair for standing support. This class is great for seniors, individuals with special medical conditions, or anyone looking for a lower intensity class that still provides an invigorating, overall workout.

## **Strength & Breath-focused Yoga**

This breath-centered class will focus on strength, balance, and flexibility. Vinyasa optional. Each month we'll play toward a different peak pose and its variations.

## **Strength & Tone**

Strength & Tone aims to improve daily living skills through better strength, agility, balance, and flexibility. The class promotes progressive resistance where your training load is increased as your muscles become stronger. Core work will be incorporated and is designed to build core and back muscle groups that will improve your posture and increase your flexibility while exercising. Instructor will use a variety of equipment in this class.

## **Tabata & Core**

Four Tabata (high-intensity 4-minute intervals) segments combined with bodyweight core exercises will challenge your strength and stamina during this early morning workout. This class is a great combination of cardio, strength, and core.

## **Vinyasa Yoga**

Vinyasa Flow is slow to medium paced yoga. It is a mix of stretching, strength and balance. It is designed to sync movement with pranayama (breath) to increase mental clarity in addition to physical stamina. Modifications will be offered for poses to suit participants of all levels.

## **Zumba®**

Everybody and EVERY body! Zumba is an exercise class that feels more like a party! Low-intensity and high-intensity moves are combined for an interval-style, calorie-burning dance fitness party. Zumba is a total workout that combines all elements of fitness – cardio, muscle conditioning, balance, and flexibility while boosting your energy with a serious dose of awesome with each class. Bring your energy and your smile.



# Group Exercise Class Descriptions

## **Zumba Gold®**

Zumba Gold modifies traditional Zumba moves with lower intensity, lower impact moves, and smooth transitions. It utilizes an engaging blend of Latin and international style music along with some catchy pop. Class will focus on the elements of cardiovascular conditioning, balance, range of motion, and coordination. Zumba Gold is great for the beginner exerciser, active older adult, or anyone who prefers not to go “full-out” for whatever reason.