

ENTRY LEVEL CLASSES

Class Descriptions

Lite Aerobics: Perfect for our new exerciser. Simple choreography; no jumping.

Low Impact I: A non-jumping aerobics class with some floor exercises. A step above Lite Aerobics.

Pilates Core: Develop core strength using roller, rings & bands. Appropriate for all levels.

Seniors In Training: It is designed to help seniors improve balance, coordination, build bone density. This program includes doing some exercises from a chair & using light weights to help prevent injury and stop the further development of Osteoporosis.

Waterworks: Aerobics in the pool. Non-swimmers are welcome. Toning exercises included.

50+ Waterworks: Designed for our mature members. Fun and flexibility are stressed.

INTERMEDIATE LEVEL CLASSES

Group POWER: Your hour of power! This 60 minute barbell class strengthens all your major muscle groups. The simple, athletic movements are for **all ages and fitness levels**.

Aqua Shapers: Power water walking followed by total body toning using various types of equipment.

Group STEP: An athletic step class that will help shape & tone your lower body and rev up your metabolism.

Deep Water: Pool exercises done while wearing a flotation device. Includes deep water and toning work.

Deep Water Combo is a combination of deep water and waterworks.

Low Impact II: No jumping in this aerobics class. The intensity varies from intermediate to advanced.

Please try Lite Aerobics or Low Impact I if you are new to aerobics. **+SCULPT** adds 30 minutes of muscle sculpting.

Step II: For those who are familiar with stepping. Power moves and additional height blocks may be used.

Sculpt 45: 45 minutes of muscle sculpting and toning exercises.

Cycle 45: 45 minutes of stationary cycling. Great music and an instructor that will motivate you as you spin your wheels!

Cycle 45 + Abs: 45 minutes of stationary cycling with 10 minutes of abs at the end.

Cycle 60: 60 minutes of stationary cycling. See **Cycle 45** (above) for class description.

ADVANCED LEVEL CLASSES

Group POWER: Your hour of power! This 60 minute barbell class strengthens all your major muscle groups. The simple, athletic movements are for **all ages and fitness levels**.

Cardio-Box: Aerobics with the feel of the boxing ring!

Group KICK: Group KICK brings it on! This electric class fuses martial arts and boxing moves that will kick your cardio fitness to the next level while defining your body and self-confidence.

Cycle 45: 45 minutes of stationary cycling. Great music and an instructor that will motivate you as you spin your wheels!

Cycle 45 + Abs: 45 minutes of stationary cycling with 10 minutes of abs at the end.

Cycle 60: 60 minutes of stationary cycling. See **Cycle 45** (above) for class description.

Step II & Sculpt: Combines stepping and muscle sculpting. Go for it!

SPECIALITY CLASSES

Group GROOVE: If you can move, you can groove! Stomp, shake, glide, smile, laugh your way through this 60 minute fitness dance program. A fusion of Latin, club and urban dance styles designed to motivate you to Get A Move On!

Power Pilates: Intensive Pilates choreography that builds from core basics. A fast paced class that requires a knowledge of basic Pilates.

BOSU 60: Integrates core and balance training, functional sports training, strength and cardiovascular conditioning.

Abs & Glutes: 30 minutes of toning exercises for the abdominals and glutes.

Core Power: Use the BOSU to strengthen the powerhouse muscles of your torso.

Kids In Motion: A 30 minute movement class for our younger members. Level I is for 1 & 2 year olds and a parent. Level II is for 3 - 5 year olds. Parent **MUST** be in the club.

Yoga Fundamentals: Get a basic knowledge of yoga in this 60 minute beginner class. *See the Yoga schedule for more complete descriptions.*

Tai Chi: An ancient Chinese martial art that consists of series of slow movements that increase the body strength, range of motion and overall balance. These movements are designed to increase the flow of chi, or vital energy.