

# FITNESS CLASS DESCRIPTIONS – classes subject to change!

## **BEGINNER CIRCUIT/BEGINNING CARDIO & STRENGTH CIRCUIT**

A mix between cardio and strength training to blast fat and sculpt muscle. Exercises can be modified for higher or lower intensity. All fitness levels welcome!

## **CARDIO COMBO**

Accelerate your fitness and experience how time can fly during a cardio workout when you are having fun! This one hour class will incorporate short bursts of cardio using a variety of exercises including step, kickboxing, plyometrics and more!

## **CYCLING/CYCLING CIRCUIT/SPIN**

One of the best low impact workouts available, our indoor bikes can be perfectly adjusted to suit your fitness level. Our classes will familiarize you with the techniques of bicycling while providing a fun group experience. Cycling Circuit incorporates strength exercises mixed in with the cardio training.

## **FIT FIX 30**

Join in this quick 20-minute cardio and strength fusion, then cool down with 10 minutes of Yoga or Pilates, depending on the day!

## **FITNESS FUSION**

Short on time? No Problem! This class hits a little bit of everything by fusing cardio and strength into a 30-minute class so you leave feeling accomplished.

## **KICKBOXING/CARDIO**

Sweat it out in this fun class that combines boxing basics and aerobics. Lots of jabs, kicks and punches! Get strong, get toned, and get fit! All fitness levels welcome.

## **PILATES**

An emphasis on movement quality, posture, and breathing makes Pilates a safe, challenging and revitalizing workout. This class focuses on developing core stability and overall toning. This class may also encompass stability balls, bands, and more!

## **QIGONG (pronounced “Chi gong”)**

All fitness levels are welcome in this meditation in motion class, Gentle exercises involving movement and breathing. This class will help improve flexibility, balance, and lower body strength.

## **SENIOR CIRCUIT TRAINING/BEGINNING SENIOR**

These aerobic classes are low impact, designed with special consideration for the senior population and include cardiovascular, flexibility, and strengthening segments that may be performed standing or in a seated position. Chair Yoga is another aerobics class available for seniors.

## **STAY ON ‘TRACK’**

Meet on the track and get your steps in while doing strength and toning intervals! This class is good for all fitness levels. You can challenge yourself to work within your fitness routine. Come join us on the track and “practice discipline and enjoy the process”.

## **STEP INTERVAL**

A way to get a high intensity, yet low impact workout. With a portable platform with height adjustable risers, you will do choreographed exercise routines up, onto, down and around the step for great cardio fitness, as well as exceptional training to shape the lower body.

## **TAI CHI**

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body. All fitness levels welcome!

## **TOTAL BODY TONING/TOTAL BODY CIRCUIT**

Get strong and toned with our Total Body Circuit class! Focusing on total body movements, building strength, and incorporating cardio for a well-rounded workout. This class incorporates weights, bands, and various forms of equipment, for a unique workout experience each week!

## **TOTAL BODY HIIT**

Total body HIIT training consists of high-intensity exercises in a 30-seconds-on, 15-seconds-off sequence. This is a total body workout...perfect for the Monday's (and Tuesday's)!!

## **YOGA**

- **Chair Yoga:** This yoga class is specifically designed for seniors, and is a great way to ease stress, increase flexibility and strength, and stimulates the mind, body and spirit while sitting comfortably in a chair.
- **Stretch & Strengthen:** This class will kick your flexibility and strength into high gear! A powerful and fun combination of core and full body strengthening poses followed by some repetitive lengthening poses to stretch those tight areas out. Get ready to feel those muscles working.