

# Class Descriptions

**AOA (Older Active Adults)** – This class includes low impact aerobics, flexing and stretching, including some floor exercises.

**Aqua Blast** – Water Aerobics class for strengthening, toning and stretching. You will use the kickboard, noodle, & dumbbells. Set to a variety of motivating music from oldies to today's hits. Great workout for all fitness levels.

**BASIC Barre** – This is a 4-week program that consists of basic toning of the body. You will use your own body weight, light weights 1-2 lbs. (optional), for resistance, a bar, and a mat (optional). Each session is 30 minutes and you can take one or both. BASIC is B-Balance, A-Ability, S-Strength, I-Intensity, and C-Cardio. The goal for BASIC Barre is consistency in training to build all of the purpose of above and to get the body to its peak performance.

**Beginner AOA** – Works all major muscle groups, focusing on stretching and strengthening. All exercises are done in a sitting or standing position.

**Cardio Blitz** – Improve your cardiovascular system by attending a variety of classes that are fun, motivating, and will achieve optimum cardio endurance.

**Cardio Deep Water Running** – Water belts are worn, so you don't have to be a swimmer. Your head and face are out of the water. At times water dumbbells will be used. At times interval and HIIT will be performed. Any level can participate because everyone can go at their own pace. Great fun, challenging, and energizing. So great for your joints and muscles.

**Cardio Mix** – Lunch crunch – A quick and thorough cardio class to keep you moving through your day!

**Circuit Blast** – This is a 30 minute HIIT/core class with a variety of exercises each week designed to get you in and out the door quickly with a great workout.

**High Fitness** – Aerobics is back! This class will be Bigger, Better, Higher than ever. It's an intense and consistent fun workout for everyone. Participants get addicted and come back for more.

**Karate** – Our Karate program is led by experienced instructors for all age groups. Tuesday and Thursday classes for (Beginners) 5:30-6:15pm, (Intermediate/Advanced) 6:15-7:15pm.

**Les Mills BODYPUMP®** – Great bodies aren't born they are transformed! BODYPUMP® is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups. Spend one hour performing 800 repetitions and burning 500 calories. This class will change you.

**Spinning®** – Provides a fun and challenging cardiovascular workout for fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. Spinning® will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn. Cardiovascular training such as spinning reduces symptoms of stress, depression, anxiety and insomnia.

**STRONG®** – Combines body weight, muscle conditioning, and plyometric training moves synced to music specifically designed to match the moves.

**Tone & Tide** – Come and join this fun and welcoming aquatics class. This moderate impact class is open to all fitness levels. The main goal is to get you moving and your mind going bright and early.

**Traditional Yoga** – In traditional yoga you will learn breathing and meditation techniques, mindfulness and centering. Yoga poses will help to gain flexibility, strength, and balance.

**Yoga** – Relax your spirit, mind, and body. This class is designed to increase flexibility by lengthening muscles and restore a positive mind/body balance. Reduce stress with less muscle tension.

**Zumba®** – Fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away.