

<u>Name</u>	<u>Length</u>	<u>Class Descriptions</u>
Aqua	60	This is an all over, cardio, toning, muscle conditioning class, which incorporates, stretching, range of motion and even some yoga cool down techniques. The goal is health and fitness using the multi-directional resistance of water. This is a great class for all ages and fitness levels. AquaLite is a lighter version AquaIntense is higher intensity AquaTone is low impact (great to strengthen injuries)
AquaFlexBar	60	A fun and unique way to exercise in the water: low-impact workout for developing muscular strength & endurance, core conditioning, and dynamic flexibility.
AquaZumba®	50	Those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. There is less impact on your joints. The water creates natural resistance, which means every step is more challenging & helps tone your muscles. It takes a few classes to learn how to do the routines but it is a lot of FUN learning how to move your body in the water. This class is great for ALL fitness levels including pregnant women.
Bootcamp	varies	Variety of strength and interval training.
Boxin'Bootcamp	45	A kickboxing & interval-based hybrid class, featuring low to high intensity boxing combinations & circuit-styled drills for overall muscular strength & cardiovascular endurance.
C.S.I.	45	Cardio. Strength.Intervals=Timed interval style class incorporating both total body strength moves as well as bursts of cardio
Cycle	45	Interval training on the indoor cycles with upbeat and loud music to help get you pumped and motivated. <i>(Express is a 30 minute class)</i>
Dance Party	45/60	Enjoy yourself as you shake, shimmy, pop, and drop it like it's hot to all types of music. Easy to follow repetitive dance moves that will get your heart pumpin', your muscles tonin' and your face smilin'! Appropriate for all fitness levels.
Fast Flow Yoga	60	An upbeat flowing yoga class building strength and flexibility. We will take multiple vinyasas and work on breathwork as well
FitBarre	60	A high intensity - low impact toning class that uses high repetitions of small, precise movements to tone muscles, build strength, teach muscle control, and improve overall posture. FitBarre can serve as a cardiovascular workout and it conditions muscles. You will feel the burn in your arms, abs, glutes, and thighs with this total body fun workout.
FitBarre Fusion	60	A fusion of Stretching, Strengthening, and cardio using low impact barre inspired moves. We will flow through some stretching moves, have some tabata intervals, burn with barre and abs then end with some stretches. This hour will be packed with fun but you will know that you have worked out at the end! Come join the latest in Barre fun!
Fit for Life	45	Participants will become better equipped to move through their daily activities with more energy and strength. You will work on cardio strength and endurance, balance, range of motion and core strength and stability. Senior friendly (formerly called SeniorFit)
H.I.I.T.	60	The perfect mix of full body muscle strengthening and toning. This could include any combination of calisthenics, hand weights, bands, balance ball, medicine ball, plated weights, and body weight resistance training.
H2O Blast	60	Expect the unexpected in this over all aqua fitness class for all fitness levels. Since water offers twelve times the resistance of air, this class will benefit all fitness levels.
Pacesetters	45	Class modified for the senior adult. Classes may include a variety of cardio/balance/strength training. Each day is a different type of class, please see schedule.
PiYoLIVE®	45/60	Make a power move. Experience a Piyo®Live class! Unleash your power with Pilates + yoga + nonstop movement! You'll sweat, stretch, and strengthen -- all in one workout. Define exactly how you want to look and feel. No weights. No bulk. Just hardcore results.
Power	45	Get your body ready for the beach. Each week this class will focus on something different. This class may meet outside.
Restorative Yoga	60	Restorative yoga helps to boost the immune system. Teaches you to bring calmness to the mind, and bring total relaxation to the body. The poses are held for longer periods of time than other yoga classes. Low lights and soothing music are used along with Julie's guidance to help you achieve relaxation and peace of mind.
Senior Circuit	45	Combine fun with fitness to increase cardiovascular and muscular endurance power, with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing, and a SilverSneakers® ball alternating low impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.
SilverSneakers®	45	Muscle Strength & Range of Movement- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.
Strength	60	Basic weight lifting class offering a full body 60 minute workout
Tibata	45	Rounds of high intensity interval training, alternating between short bouts of max training and rest. This class is face-paced and fun all while burning calories.
Turbo Kick®	30	Ready to be the sexiest, most confident you? Then get in the zone and experience the ultimate cardio-kickboxing class. No bags. No gloves. Just boxing combos choreographed to the hottest music mixes. Perfect your form and figure, bond with Turbo fanatics, and get seriously hooked on the Turbo High. It's not easy shaping a knockout bod, but with Turbo Kick® LIVE, you're gonna love every second of it. READY TO BECOME A TOTAL KNOCKOUT?
Vinyasa Yoga	60	A flowing class for increasing physical and mental strength and cardiovascular components. We will also practice various breathing techniques. Targeted to the student who wants to dig deeper in their practice and learn more mind/body/breath philosophy.
Water Yoga	45	Aqua yoga is a calm and soothing experience in the water. This is ideal for anyone who has balance issues or those wanting to enjoy a twist on traditional yoga classes.
Water Walk	45	We all know walking is one of the best exercises for you, so why not take it to the next level with a little resistance and more!
Yoga (All levels)	60	A discipline involving core conditioning, strength training, balance poses, stretching, deep breathing, and relaxation. All levels yoga will take you exactly where you want to be in the poses whether that's at beginner level or advanced levels. Lots of modifications and options for everyone
Yogalates	45	Incorporates movements from basic Yoga and Pilates
ZUMBA®	60	Are you ready to party yourself into shape? It's an exhilarating, effective, Latin-inspired, calorie-burning dance fitness-party™ moving you toward joy and health.
Zumba®Gold	45	A modified Zumba class that recreates the original move you love at a lower intensity. The design of the class introduces easy-to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave feeling strong.
STRONGbyZumba®	60	Stop counting the reps. Start training to the beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music , helping you make it to that last rep, and maybe even five more. In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba instructors change up the music and moves frequently to make sure you're always challenged to the max.
* Express	30	a 30 minute version of any of the above