

GROUP EXERCISE CLASS DESCRIPTIONS

<p><u>Regular Group Exercise Programs</u></p> <p><u>YOGA</u> Our yoga classes draws from several different styles of yoga to focus on breath and movement. Our yoga practice seeks to cultivate mindfulness and greater awareness within one's own body.</p> <p><u>ZUMBA</u> Zumba features exotic rhythms set to high-energy Latin beats. The movements are simple, it burns calories, and most importantly, it is fun!</p> <p><u>INDOOR CYCLING & CYLCE-FUSION</u> A fun and challenging heart focused class, appropriate for a wide range of fitness levels. Pedal your circulatory system to an increased level of endurance in a black light, energized group setting on our Schwinn Blue Carbon bikes with computers that measure your cadence, power, and distance. C-Fusion Class will also include 20 minutes of strength exercises during 2nd half of class.</p> <p><u>STRONG NATION</u> In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like <i>high knees, burpees, and jumping jacks</i> are interchanged with isometric moves like <i>lunges, squats, and kickboxing</i>. STRONG Nation™ instructors change up the music and moves frequently to make sure you're always challenged to the max.</p> <p><u>ZUMBA GOLD</u> Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class is less intense, with dance routines designed for be- ginners and older adults using modified movements. GREAT FOR ACTIVE ADULTS!!!</p> <p><u>CARDIO DANCING</u> Cardio dancing helps to strengthen the heart, achieve weight loss goals, and build lasting relationships in a fun environment. Choreographed dance routines pro-vide a fun atmosphere and flexible, varied levels of cardiovascular challenges for all!</p> <p><u>MOVE, STRETCH, AND BALANCE</u> This class will focus on Range of Motion and gentle stretching to loosen tight muscle and joints. As well as gentle movement mainly while seated in a sturdy chair and light strength training.</p> <p>Virtual Only</p>	<p><u>LES MILLS PROGRAMS</u></p> <p><u>BODYPUMP</u> BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.</p> <p><u>BODYCOMBAT</u> BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories** in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.</p> <p><u>BODYFLOW</u> Ideal for anyone and everyone, BODYFLOW® is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.</p> <p><u>ACTIVE OLDER ADULT PROGRAMS</u></p> <p><u>ACTIVE ADULT TOTAL FITNESS</u> Active Adult Total Fitness is a low-impact class that helps develop cardiovascular health, muscular strength and endurance, balance, flexibility, and a strong core. This class is suitable for seniors and adaptable to every ability level.</p> <p><u>GENTLE YOGA</u> Gentle Yoga incorporates modified and therapeutic yoga postures and deep relaxation in a practice designed to support health and healing for people with injuries and preexisting conditions. This class is perfect for seniors, those with special conditions, or anyone looking for a restorative and relaxing yoga practice.</p>	<p><u>Key:</u></p> <ul style="list-style-type: none"> • Blue – Free to Members • Green – Active Older Adult Programming • Black – Special Programming • Member/Non-Member Pricing <p><u>SPECIAL PROGRAMS</u></p> <p><u>Adult Swim</u> \$20/month This program provides a 'masters swim' type of environment. A variety of swim strokes, drills and sets will provide you with a template while working with others in developing your basic swim skills, train for a triathlon, or just looking to have a great workout with a group of friends. REGISTRATION REQUIRED</p> <p><u>BOOT CAMP</u> \$20/month Boot Camp classes help adults reach weight loss goals through a variety of strength-building and cardio-endurance exercises. Participants develop confidence while achieving an overall feeling of health and well-being. REGISTRATION REQUIRED</p> <p><u>Boxing</u> \$60 Come join certified boxing coach Jake as he fuses boxing, plyometrics, and weights into this fun but intense workout. The fundamentals of boxing will be taught in a low pressure, self-paced environment. Expect to sweat as we burn calories and build muscle!</p> <p><u>Youth/Adult Tang Soo Do Karate</u> \$75 Tang Soo Do is a traditional Korean martial art that encourages patience, loyalty, honesty, and self-control while improving physical strength, endurance, and flexibility. Must be 6 years or older. REGISTRATION REQUIRED</p>
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