

## GROUP EXERCISE CLASS DESCRIPTIONS

### Regular Group Exercise Programs

#### YOGA

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.

#### ZUMBA

Zumba features exotic rhythms set to high-energy Latin beats. The movements are simple, it burns calories, and most importantly, it is fun!

#### ZUMBA TONE

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

#### INDOOR CYCLING

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 2<sup>nd</sup> half of class.

#### MASTERS (ADULT) SWIM

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.

#### BOOT CAMP

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.

#### TOTAL BODY FIT

TBF is a mixture of cardio and strength exercises designed to help you stay fit, gain muscular endurance, and improve posture. The class starts with non-impact cardio moves to raise the heartrate while challenging balance and agility. The strength portion will use light weights and bodyweight exercises to train the muscles. There will also be some core work. The class is set to music and all equipment is provided. The class concludes with a well-earned cool down/relaxation period. Total Body Fit will leave you "sweaty and ready" to take on the day.

#### LES MILLS PROGRAMS

##### BODYPUMP

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.

##### BODYCOMBAT

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.

##### BODYBALANCE

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.

#### ACTIVE OLDER ADULT PROGRAMS

##### ACTIVE ADULT TOTAL FITNESS

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.

#### GENTLE YOGA

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.

#### CARDIO DANCING

Cardio dancing helps to strengthen the heart, achieve weight loss goals, and build lasting relationships in a fun environment. Choreographed dance routines provide a fun atmosphere and flexible, varied levels of cardiovascular challenges for all!

#### ZUMBA GOLD

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 beginners and older adults using modified movements. GREAT FOR ACTIVE ADULTS!!!

#### SPECIAL PROGRAMS

##### YOUTH/ADULT TANG SOO DO KARATE (9wks – January 5-March 2)

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

##### SENIOR STRENGTH & STRETCH (9wks – January 3-March 2)

Senior strength and stretch provides a personalized, small-group setting, designed to train functional movements and increase mobility and strength, while improving quality of life.

##### REGISTRATION REQUIRED

##### MOVE, STRETCH, AND BALANCE

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.

##### Virtual Only