

## GROUP EXERCISE CLASS DESCRIPTIONS

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| <p><b><u>Regular Group Exercise Programs</u></b></p> <p><b><u>YOGA</u></b><br/>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><b><u>ZUMBA</u></b><br/>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><b><u>ZUMBA TONE</u></b><br/>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.</p> <p><b><u>INDOOR CYCLING</u></b><br/>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.</p> <p><b><u>MASTERS (ADULT) SWIM</u></b><br/>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.</p> <p><b><u>BOOT CAMP</u></b><br/>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.</p> | <p><b><u>LES MILLS PROGRAMS</u></b></p> <p><b><u>BODYPUMP</u></b><br/>BODYPUMP™ is <b>THE ORIGINAL BARBELL CLASS™</b>, 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><b><u>BODYCOMBAT</u></b><br/>BODYCOMBAT is a <b>high-energy martial arts-inspired workout</b> 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><b><u>BODYBALANCE</u></b><br/>Ideal for anyone and everyone, BODYFLOW® is a <b>new generation yoga class</b> 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><b><u>ACTIVE OLDER ADULT PROGRAMS</u></b></p> <p><b><u>ACTIVE ADULT TOTAL FITNESS</u></b><br/>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><b><u>GENTLE YOGA</u></b><br/>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><b><u>CARDIO DANCING (School Year Only)</u></b><br/>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!</p> <p><b><u>ZUMBA GOLD</u></b><br/>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><b><u>SPECIAL PROGRAMS</u></b></p> <p><b><u>YOUTH/ADULT TANG SOO DO KARATE</u></b><br/>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.</p> <p><b><u>REGISTRATION REQUIRED</u></b></p> <p><b><u>SENIOR STRENGTH &amp; STRETCH</u></b><br/>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.</p> <p><b><u>REGISTRATION REQUIRED</u></b></p> |
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