


CLASS DESCRIPTIONS

| Class | Level | What to expect... |
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| BARRE Boxing | All | Basic barre maneuvers and movements to give quick sculpting results through high repetition of basic muscle endurance and fatiguing exercises. |
|  LES MILLS BODYPUMP | Med High | Weight-based resistance training, increases strength and endurance, tones & shapes, maintains bone health using a Barbell, Plates & Adjustable Step |
| Boot Camp (\$ registration required) | All | Weights, jump rope, cones, medicine balls, etc. Sports drills, circuits and interval training for cardiovascular conditioning and muscular strength and endurance. |
| Cardio Intervals/Core | Med High | Intervals of Simple Intense Exercises and Short Rest Periods to keep you burning calories the rest of the day, uses a variety of equipment. |
| Core - Pilates | All | Exercise on a mat to strengthen core muscles, improve flexibility and back health. |
| Circuit Training/Total Body Circuit | High | Get ready to have some fun! Set to current, up-beat music, this interval-based class will have you rotating through stations focused on both high-intensity cardio and strength training. The exercises and equipment change each week and may include medicine balls, steps, dumbbells, bosus, agility ladders and more! You can do anything for 45 seconds! |
| Drums Alive / Golden Beats | Med / S | Drum Sticks, Stability Ball, Risers, Chairs in Golden Beats Warm-up, Drumming, Cool Down |
| Forever Fit | Low | Mat, Weights, Resistance bands, and balls Warm-up, 20 minutes low-impact aerobics, 15 minutes of strength conditioning, cool down and relaxation |
| Hydro Blast / Hydro Blast Deep | All | Pool Drills, Intervals, Plyometrics in the water |
| Hydro Challenge | Low/Med | Pool, Chest level or Deep Water Intermediate level water workout, more intense moves |
| Hydro Fit Express | All | A 30-minute water fitness workout in the water. Continuous movement in the water without the impact. |
| <i>INSANITY™</i> NEW! | Med High | You've seen it on TV, now experience it for yourself. A cardio-based, total body-conditioning program. This calorie torching, shirt-soaking workout is based on the principles of MAX interval training. Plyometric drills with nonstop intervals of strength, power, resistance and core training moves – INSANITY. |
| Muscle Conditioning Craze | Med | Dumbbell, weights, bench Resistance training with weights for strength, muscular endurance, and toning along with short bouts of cardiovascular exercise to rev up the heart rate. |
| Pilates | All | Strengthen muscles, improve flexibility and health; core focus |
| PiYO™ | Med High | Pronounced "pie-yo", it's a unique class designed to build strength and increase flexibility. The choreography is fun, challenging, and makes you sweat. Inspired by Yoga and Pilates but incorporating energy, power and rhythm. Burns serious calories! |
| SILVER&FIT EXCEL | S | Silver&Fit Excel is for very active older adults who regularly exercise three or more days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power, and endurance. |
| SilverSneakers Cardio | S | Chair, exercise tubes, dumbbells, rubber balls Upper body strength work alternated with non-impact aerobic choreography; chair for support, stretching and relaxation |
| Silver Sneakers® Classic | S | Range of motion exercises, muscle conditioning, flexibility using a chair, exercise tubes, dumbbells, rubber balls |
| Silver Sneakers® Yoga | S | Yoga mat, chairs Seated yoga poses, increase flexibility and range of motion |
| Spinning | All | Go for a ride on a stationary bike, class simulates various biking adventures, varied intensity. |
| Step | Med High | Utilizing a step and optional risers to vary the intensity, this is a cardiovascular challenge incorporating step choreography. |
| TurboKICK® NEW! | Med High | The ultimate cardio-kickboxing party! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned—and have a blast doing it! It's high intensity, fast-paced, and totally addicting! |
| X-treme Intervals | High | Intervals of Simple Intense Exercises and Short Rest Periods to keep you burning calories the rest of the day, uses a variety of equipment. |
| Zumba™ | All | Latin inspired, calorie burning, dance fitness party |
| Zumba Gold™ | Low / S | Latin inspired dance fitness party at a slower pace |
| Yoga – Explore&Restore | All | This class cultivates knowledge of the instinctual physical needs of each student and offers a 'spacious' pace of yoga. Students are encouraged to explore using their individual rhythm of breath to guide their practice and to indulge in a restorative savasana at the end of each class. |
| Yoga Fusion | All | Mat Blend of Pilates, and Yoga, increases flexibility, posture, and coordination, includes relaxation |
| Yoga Light | Low / S | Light version of yoga, focusing on alignment, breath, posture, and stretch. |
| Yoga – Invigorating Flow | High | Invigorating Yoga moves through poses which challenge individuals at their level. Moves flow into the next, making it a thoughtful aerobic workout with meditative breathing. |
| Yoga – Vinyasa | Med | Yoga that focuses on coordination of breath and movement and it is a very physically active form of yoga |
| Yogafit® | Med High | Blends balance, strength, flexibility and power in a fitness format. Delivers a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. |