

Group Exercise Class Descriptions

Mind and Body

Strength and Yoga: Relieve stress and increase flexibility and strength through holding postures, breathing, and relaxation techniques taught on an intermediate level. 60 min

Silver Stretch: A flexibility, conditioning and relaxation class for active older adults that includes standing and seated chair postures. No floor postures required. 60min

Yoga: Gentle flow Yoga for any body develops a more flexible body, serene mind, and peaceful spirit through slow movements, breath control, and learning to let go.

Pilates: Condition your powerhouse. Exercises to improve your core strength, posture, flexibility and overall body condition. 60 min

Aerobics

Step Up: Step routines are based on a series of 32-count choreographed step combinations. 60 min

Beginner Step: Learn all the basic step moves and get a light cardio work out. 60 min.

Double Step: Advanced class for those wanting more from the step routine. 60 min

Cardio Combo: Varied cardio exercises combined with strength training all in one class. 60 min

Cardio Stretch: 30 min of varied cardio exercises followed by 30 min of invigorating and relaxing stretches that increase strength and flexibility. 60 min

Zumba: Latin dance based cardio workout to the high energy tunes of Latin grooves. 60 min

Zumba Gold: Basic Latin dance based cardio workout in this lighter paced class. 45 min

ZumbaAtomic: Zumba for ages 8-12 only. YOUTH can have fun and get a great cardio work out. 30 min.

Cycling

Spin: An instructor facilitates sports-conditioning drills that simulate outdoor cycling such as hill climbing, sprints, mountain biking. 60 min

Cycle Lite/Simply Spin: Basic drills and cycling concepts in this lighter paced workout. 30 min

Spin and Core: 30 minutes of spin followed by 30 min of core exercises.

Strength

Body Fit/Power Hour: Body bars, hand weights, bans, stability balls, and medicine balls are used to define and strengthen all major muscle groups. 1 hr

Sweat and Sculpt: A variation on body fit class with aerobics between strength training drills. 60 min

Core/Hard Core: A variety of core-specific exercises are used to streamline and strengthen the abdominal and lower back region. 30m

Heart/Core: Cardio and Strength combined to give you a challenging overall work out. 1 hr.

Fitness 101: Great class for newcomers to exercise and for those needing a lighter body fit class. 1 hr.

Strength and Stretch: Body fit class followed by relaxing stretching to start your day out revived. 1 hr.

Extras

R.I.P.P.E.D.: This 50-60 minute total body workout, utilizes resistance and cardio training by combining **Resistance, Intervals, Power, Plyometrics, and Endurance.** **R.I.P.P.E.D.** helps you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

SilverSneakers: A one-of-a-kind chair assisted workout for active older adults. Get fit with daily living activities along with aerobics and muscle strengthening exercises. You will LOVE it. 60 min

Silver Bullets: The next level! Combine fun with fitness to increase your cardiovascular and muscular endurance power with this standing circuit workout. 60 min

Simply Fit: Strengthen all major muscle groups without having to get on the floor. 30 min

Boot Camp: Hard core strength training and hard core cardio pushed to the limit. You will burn calories, sweat, improve muscle endurance and most importantly, get an awesome workout. 60 min

Line Dancing: Basic line dance routines with a light cardio workout and lots of fun. 60 min