



# GROUP EXERCISE CLASS DESCRIPTIONS

## **Arthritis Foundation Aquatics Program**

Arthritis Foundation-approved program in a shallow pool designed to improve joint flexibility and relieve pain & stiffness through gentle movements in the warm 90 degree water.

## **Cardio Kickboxing**

An exciting, high energy workout using the fundamentals of boxing. Includes shadow boxing, kicks and blocks, jumping rope, coordination skills and upper body muscle toning - all to "hard hitting" music!

## **Cardio Sculpt**

A total body workout combining a variety of cardio and strength exercises.

## **Core Conditioning**

Improve body alignment, balance, flexibility and endurance through this class which helps strengthen the muscles of the core.

## **Cycling**

An instructor-led motivating 45-minute stationary cycling class.

## **Deep Water Conditioning**

This challenging class uses interval training techniques and the water's natural resistance to increase cardio-vascular endurance while wearing a floatation belt.

## **Fit For Life**

A free-style mix of speed walking or running, jumping rope, basic aerobic patterns and sports conditioning moves. A fun challenge for any fitness level.

## **Gentle Water**

Using the resistance of the water allows for a gentle yet excellent workout. This class brings you a cardio and strength workout that will be easy on the joints yet challenging for the body. Fun for all ages.

## **Group Power**

Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

## **Line Dancing**

This is a 90-minute class for all levels and includes an introduction to steps, warm up, cardiovascular dancing to fun country music and a cool down.

## **Lively Low Impact**

An energetic, effective low impact and varied intensity aerobic class for those who like to move but don't want to bounce.

## **Piloxing**

A unique mix of Pilates and boxing moves giving a calorie blasting, muscle toning, core-centric interval workout. A high concentration of core work for a great cardiovascular workout with an opportunity to strengthen the body's foundation, the core!

## **SilverSneakers® Muscular Strength & Range of Movement**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

## **SilverSneakers® Cardio Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

## **Sit and Be Fit**

Experience this fun but challenging chair-based class that builds strength, flexibility and balance.

## **Step**

Step up to improved aerobic conditioning that's fun and challenging. New patterns and exciting moves keep you motivated.

## **Waterworks**

A great cardiovascular workout that is easy on the joints. This shallow water class uses the water's natural resistance to get your heart rate up and strengthen your muscles. Swimming skills not required.

**Zumba®** Combines high energy and motivating Latin and international music with unique moves that are fun and easy to do. Ditch the workout, join the party!