

Class Descriptions

All classes begin with a warm-up, include abdominal work and end with a stretching segment

Skill Level: ① basic/simple ② intermediate/more variety ③ advanced/complex

Butt n' Gutt - This is all about conditioning the lower body and the abdominals. ②

Cardio Fusion - Plan to have fun and burn lots of calories while you enjoy a mixture of many different types of cardiovascular techniques (hi/lo, step, jump roping, walking, running). ②

Cardio Push/Pull Circuit - Split push/pull interval training alternating between intense cardio segments with core and strength training focusing on different muscle groups on different days. ②③

Cardio Sculpt - This class incorporates basic cardio segments with strength training for a total body workout. ②

Cycling - These classes will take you on a journey with a variety of riding positions from seated to standing and create a challenging riding terrain by adjusting resistance and through way of visualizations. Class limited to 15 participants. Sign-up at front desk no earlier than 30 minutes prior to class. ①

Early Bird - For all you early risers. Come and enjoy instructor's choice of cardiovascular and weight training workout! ②

Fit For Life - A low-intensity, low-impact aerobics class that is perfect for active older adults and people looking for a basic class. Includes weight training and flexibility. ①

Group Pump - Experience all the power of incorporating barbells, dumbbells, and medicine balls in your strength training routine. ②

Interval Circuit - Intense cardio segments alternating with strength training moves using heavy weights. ②③

Interval Training - An advanced workout with high-intensity cardio work (3-4 mins.) followed by recovery periods (1.5 min). ③

Just a Minute - A class with just-about-everything for short periods of time. ②

Pilates Basics - for those starting the program, this class involves learning the 7 foundational exercises in Pilates and learning how to use the "powerhouse" muscles. ①

Pilates I - For those who have completed the Basics class, this class teaches a series of controlled movements that engage the mind and body while developing strong, flexible muscles. ②

Pilates II - For those who are skilled in Pilates I, this class adds small apparatus such as the Pilates Ring, balls, etc. to add variety and intensity to the workout. ②

Silver Sneaker's I - For the active older adult, have fun and move to the music through a variety of exercises designed to increase muscular strength range of movement, and activity for daily living skills. Hand-held weight, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneaker's II Cardio Circuit - Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Classes utilize hand-held weight, elastic tubing with handles and a ball. A chair is offered for support, stretching and relaxation exercises.

Step n' Sculpt - Combines intervals of step aerobics and strength training at a ratio of 4 /4 minutes. ②

Step II - A more intense step workout for 30-35 minutes with more challenging patterns for those who want to increase their intensity and variety. Includes resistance training and flexibility to end the class. ②

Supported Yoga - Supported yoga is designed to allow anyone to participate in a gentle, supported form of Yoga without having to get down on the floor (working from a chair or from a standing posture). ①

XTraining - Combines any kind of cardio activity to give you variety and creativity into your workout along strength training and flexibility. ②

20/20/20 - This class gives you 20 minutes of cardio, 20 minutes of weight training, and 20 minutes of core conditioning. 30/30/30 is the same except the segments are 30 minutes each. ①

ZUMBA - Latin inspired dance fitness class that incorporates Latin and international music. Zumba is exercise in disguise. ①

ZUMBA Gold - Latin inspired dance fitness class that incorporates Latin and international music for the active older adult. ①

Yoga II - This class takes yoga to the next level - move from one posture to another with energy and strength. ②

Yoga I - Learn the basic moves of yoga performed in a slow and methodical manner. Great for beginners. ①

Gentle Yoga - Gentle yoga emphasizes relaxation with deep breathing. Postures tailored to address specific limitations in a quiet, soothing atmosphere. ①

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