

**50+ Boot Camp:** A full body workout that allows you to challenge yourself as much as you want. This class is designed to provide modifications for all exercises.

**50+ Chair Yoga:** Yoga poses, and breathing exercises done with props, including a chair for seated options, at a pace geared toward active older adults.

**50+ Functional Fitness:** A class that provides a supportive & safe environment to help increase one's strength, flexibility & balance, using chairs, lightweight dumbbells, resistance bands & stability balls. This class is taught by a fitness specialist with an expertise in working with active older adults.

**50+ Yoga & Aging:** A yoga practice for relatively physically active seniors; each class will focus on poses and sequences that support maintaining health. Key areas include strength, flexibility, balance, and agility.

**50+ Zumba Gold:** This specialty class follows the Zumba® formula & is designed for the active adult who wants to join the fitness party but requires lower impact & less intense workout. This class is perfect for those looking to begin a healthy fitness lifestyle or for those relaunching their fitness program.

**Body Pump:** Challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Great music, awesome instructors & your choice of weight will inspire you to get the results you came for - & fast!

**Body Combat:** This is a high-energy martial art inspired workout that is totally non-contact and there are no complex moves to master! You'll punch and kick your way through a whole-body workout, getting fit, fast, and strong!

**Body Balance:** Ideal for anyone and everyone, this is a yoga-based class that embraces elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm, centered, and happy.

**Boot Camp:** A full body workout that allows you to challenge yourself as much as you want. This class is designed to provide the ultimate in agility & cross training.

**Circle Mobility:** A fitness program, designed by Zumba, that combines flexibility/mobility exercises and breath work to improve range of motion, release stress, and enhance recovery.

**Circuit Training:** This class is a mix of different modalities (Bootcamp, TRX, Weights, Kickboxing, etc.) created to get your heart rate up & strengthen your body.

**CORE:** 30 minutes of building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slugs, which run from the upper to lower body using resistance bands. Excellent supplement to other class formats.

**Cycle Sculpt:** Rev up your workout & burn calories faster. This class combines intervals on the spin bike with intervals of strength training.

**Cycling:** A non-impact class conducted on a stationary bike. This class is appropriate for all levels of fitness.

**Gentle Pilates:** Gentle and functional mat-based moves combine to improve flexibility, balance, core strength and muscle tone.

**GRIT:** GRIT™ Is A High-Intensity Interval Training Workout, Designed to Build Lean Muscle

**H.I.I.T:** High Intensity Interval Training is a form of interval training that will take your workout to the next level & push your physical limits. This is an advanced-level workout.

**Intro to Weights:** Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight. All-Levels.

**Kickboxing:** Kick, punch, jab & power your way through this cardiovascular & muscular endurance workout using gloves & bags. Bring your own gloves.

**Les Mills Functional Strength:** is a series of full-body workouts that uses unique super sets of tempo-focused loaded compound moves with single-sided (unilateral) movements to challenge members in new ways - all while improving coordination, stability, and strength symmetry.

**Pilates:** A mat-based workout that will strengthen & lengthen your muscles, help improve posture, enhance stability, increase core muscle strength & improve flexibility.

**Pop Pilates** Full-body cardio, strength and flexibility workout using nothing but your own bodyweight and a yoga mat.

**Stretch and Balance:** A gentle seated and standing class focused on strengthening and stretching key muscles used for balance.

**Step:** This class introduces alternating sets of interval training along with a simply choreographed Step workout. Not only do you get the advantage of aerobic exercise, but you'll also get the added benefit of a challenging interval training routine.

**Sprint:** A 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

**Tabata:** Tabata is a type of HIIT workout that aims to yield the most benefits in a short amount of time. For each exercise, you do eight rounds of 20 seconds of strenuous exercise followed by 10 seconds of rest.

**TRX:** TRX bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. It uses the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete 100's of exercises. You will be challenged as the instructor guides you through intense core, strength and & balancing drills.

**UJAM:** An athletic hip-hop dance fitness workout that combines dance & high energy music for a workout that is bound to get your heart rate up, your body moving & make you work up a sweat — all while having FUN!

**Weights:** Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight.

**Yoga:** To provide you with a yoga class suited to meet your needs & wants, the YOGA classes are identified in 2 categories:

**Flow/Yoga** - A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous & mindful flow. Students will build strength, flexibility & concentration while cleansing the body & calming the mind.

**Restorative/Gentle** - Low intensity & includes restorative/yin aspects. Relaxation & tension release is the primary focus.

**Zumba:** This high energy class uses motivating music with unique moves & combinations to give you the best dance workout ever!

**Zumba Gold:** Slower paced, lower intensity. Perfect for beginners, older adults and those rehabilitating an injury.

**Zumba Step:** Toning and strength power of Step Aerobics, with the fun fitness party that Zumba brings to the dance floor.