

CLASS DESCRIPTIONS

B= Beginner I= Intermediate A= Advanced

Power Pilates and Pump Optimized low impact, joint safe movements that incorporates the variable intensity interval training methods with some plyometrics followed by Pilates style combinations using various tools. (B,I)

Dance Fit: A high energy, follow along, choreographed dance class guaranteed to burn some energy, shake some stress, and a chance to show off your moves! You'll be having so much fun you won't even notice the sweat. (B,I,A)

Move It or Lose It: Do you want to increase your strength, flexibility and range of motion? Do you want to be more mobile and have better balance? This gentle paced chair class is a great place to have fun and improve your health. It is NEVER too late to start. **Move It or Lose It!** is appropriate for adults with or without limitations. (Replacing HBSB)

HIIT: Interval training class using a variety of exercises, equipment, and interval ratios. (I, A)

Pilates: Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. Balls, bands, or rollers may also be used. (B, I, A) flexibility will be the focus of this blended class.

Senior Circuit: Class is done in the weight room. Format includes use of weight machine with intervals of upper/lower body strength and flexibility exercises, all done to great musical selections. (Note: New participants must go through Fitness Orientation before taking this class.) (B, I)

SilverSneakers - CLASSIC: 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 weights, elastic tubing with handles, and a ball is alternated with non-impact, aerobic choreography. A chair is offered for support, head-to toe stretching, and complete relaxation in a comfortable position. (B, I)

Spin-Bata: Spin-bata is a high intensity, Tabata style class on the spin bikes. This is based on the Tabata intervals of 20 seconds work and 10 seconds rest times 8, equaling 4 minutes per Tabata. This class includes intervals of cycling and other conditioning tools. Don't miss this total body workout! (B,I,A)

Body Blitz: Cross train during this high energy workout! This is a quick paced, muscular conditioning class using a variety of equipment and guaranteed to keep your heart pumping. (I, A)

HIIT Circuit: HIIT Circuit is high intensity interval training done in a circuit format. This class will use a variety of equipment as well as a variety of interval ratios. This class can be easily modified and/or progressed to adapt to beginners or advanced exercisers. (I,A)

Morning Ride: Morning Ride is a 45-minute cycle class. Torch some calories on the bikes to kick off your week! (B,I,A)

Long & Strong: Lower impact, moderate to high intensity class that will range from full body work to a focus on different muscle groups using different equipment. Build long, lean muscle while improving endurance. (B,I,A)

Movement Medicine: This class will include restorative bodywork such as Pilates and Cardio Yoga infused fitness movements along with Fascia massage tissue work. Using gentle tools including a foam roller, domes, a variety of different sized balls, resistance bands, and light weights, which can all help to improve connective tissue, restore neurological stability, balance, and improve posture, flexibility, strength and coordination, using a gentle non- impact method. You will work hard, but in a gentle way, and your body will love you for it! (B,I,A)

Sizzle Circuit: Basic circuit style class that will get your day off to a sizzling start! (B,I,A)

TRX: Bodyweight exercise that develops strength, balance, flexibility & core stability simultaneously. The TRX suspension trainer leverages gravity & the user bodyweight to complete exercises. All abilities welcome!