



## Group Exercise - Class Descriptions

**Body Sculpt:** a total body muscle endurance and strengthening workout using a combination of hand-held weights and elastic resistance.

**Cardio Pump:** a cardio workout blending hi/lo cardio dance with light hand-held resistance.

**Chair Yoga:** a blend of strength, balance and yoga patterns done with the assistance the Resistance Chair.

**Cycle:** A foundational stationary cycle workout designed to develop a strong base of cardio endurance and cycling technique \*appropriate for all level riders.

**Dance Fusion:** fun blend of pop, Latin and hip-hop style dance routines finishing with a dynamic body stretch. All levels welcome!

**NIA Dance Workout:** a fun fluid, blend of modern dance, martial arts and low impact cardio patterns.

**Pilates:** a floor exercise workout, that focuses on improving posture and core strength

**Restorative Yoga:** a gentle blend of yoga postures and restorative breathing technique

**Senior Fit:** A blend of seated and standing strength, endurance and balance exercises design to address senior fitness needs done with the assistance of the Resistance Chair.

**Step Fit:** A cardio workout utilizing the step platform followed by body conditioning exercises.

**Step & Sculpt:** A blended cardio and strength workout utilizing the step platform and hand-held weights.

**Super Circuit:** a step class that uses 'HIIT' style interval and circuit training techniques to enhance metabolism, calorie burn and strength results.

**Yoga Flow:** Hatha & Raja techniques emphasizing muscle strength, flexibility, posture and breathing.

**\*Bring your own exercise mat for any class that includes floor-based exercises (i.e. Yoga, Pilates, Body Sculpt)**

## Aqua Fitness Class Descriptions

**Aqua Fit:** a mix of deep and shallow water conditioning exercises (bring flotation device).

**H2O Intervals:** an advanced deep-water cardio interval workout (bring flotation device).

**Shallow H2O:** a strengthening and range of motion program done in chest high water.