

# 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 Sculpt:** A cardio and strength workout utilizing the step platform and weights.

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

**Cycle:** A fun 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!

**Flex & Flow:** A fluid strength and mobility format that uses weights, bands, barre exercise, core and flexibility training for the ultimate muscle conditioning workout.

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

**Low Impact with light weights:** a cardio workout blending low impact, kickboxing and sculpting with light hand-held resistance.

**Move & Groove:** Release stress through dynamic stretch movements designed to build core strength while grooving to great fun music. All levels are welcome.

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

**Pilates Fusion:** a Pilates floor style workout focused on improving posture, core strength and muscle balance along with lengthening and strengthening yoga patterns.

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

**Rise, Roll and Restore:** 20 minutes of cardio followed by dynamic stretching and trigger point work using a foam roller and/or tennis balls.

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

**Step Fit:** A cardio workout utilizing the step platform followed by body conditioning exercises. Super Circuit: A fun and challenging circuit format including strength, cardio, core and more.

**Super Circuit:** a Fun cross fit blend of cardio, strength and body conditioning

**Wake UP workout:** start with a little energizing cardio work your way into some strength and finish off with some core /stretch!

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

**\*Bring your own exercise mat:** For any floor-based exercises (i.e. Yoga, Pilates, Body Sculpt)

## Aqua Classes

**Aqua Fit:** a mix of deep & 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.

**Weather Policy:** Aqua classes are cancelled on days with heavy rain predictions, or actual rainy or drizzly weather