



Group Fitness Class Descriptions



Aqua Fitness

HIIT the Water—High Intensity Interval Training in the water gives you the kick of a high intensity workout in this low impact interval class in the pool. Try the class in our *Recreation Pool (HIIT! Shallow)*

Aqua Bootcamp—*Recreation Pool*—an up-beat class for swimmers and non-swimmers, incorporating cardio, muscular endurance, core, flexibility, and functional movement patterns in a circuit format. Great for those who love the water, want to add variety to their workout, or are looking for a low-impact, high-intensity option.

Aqua Focus—*Recreation Pool*— a 30-minute class for swimmers and non-swimmers using the resistance of water, our bodies, and other tools to focus on different areas of the body each class. A great low-impact workout focused on mobility, balance, and strength that is easy on the body.

Cardio

SPIN—The ride of your life starts on an indoor Spin bike! Your instructor will take you through a variety of terrains including, hills, intervals, jumps, and sprints for one of the most amazing low-impact cardio workouts of your life! You will love the energy of this class!

Cycle Circuit—A 45-minute class combining cardio & core using a stationary Spin bike and strength circuits for a full body workout. This class will allow you to knock out your strength and cardio at the same time! 30 minutes of Spin, combined with 15 minutes of core, for the perfect combo of cardio and strength!

Power Step—Power up your cardio with this awesome 40-minute, high energy, calorie burning, heart pumping, FUN step class! Great for all fitness levels!

Kickboxing—Come get tough with this 30-minute kick-butt cardio workout! It involves a variety of different punches, kicks and kickboxing exercises to get the heart rate up and burn mega calories in a short amount of time. Relieve stress and knock out your workout with this class!

Dance Cardio—A workout so fun, it feels like a party! Dance Cardio is a high energy, low-impact, easy to follow fitness class that is so fun you forget you are exercising. Feel the music and let loose while getting the heart pumping!

Circuit Training

Early Bird Circuit—Empower the day! This cardio strength circuit is designed to make you healthier and stronger so you can conquer the day's challenges! The early bird...gets their workout in before everyone else gets out of bed! Start your day off right!

Tabata & Core—A high intensity interval training workout that consists of 20 seconds of high intensity work, paired with 10 seconds of rest. These intervals are combined with focused core work for a total body workout! Tabata & Core is the "best bang for your busy lifestyle" type workout!

Mind/Body

Yoga—This class is great for all levels. Verbal and Connect with your body through traditional yoga poses and stretches. Improve your strength, flexibility, balance and posture through this mind/body workout. You will love the way you feel when you leave this class!

Strength

BODYPUMP—This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, high energy, awesome instructors and your choice of weight, inspires you to get the results you came for—and fast!

Be sure to check out **(BODY PUMP EXPRESS)—The 30 minute workout you've been looking for!**

CXWORX—Looking for a short, sharp workout that inspires you to the next level of fitness? CXWORX is ideal for tightening, toning, and strengthening your core and glutes while also improving functional strength and assisting in injury prevention.

Total Body Toning—Total Body Toning is a 45 minute, low-impact toning class that focuses on strengthening the entire body from head to toe. Gain muscular strength with this class designed for all fitness levels.

Strength & Core Restore— If you are wondering where to start, look no further! Improve your core strength, posture, balance, and stability in Strength & Core Restore. This is a great class for beginners and anyone looking for a low-impact workout that will strengthen the abdominals help you increase overall strength, give you a better sense of balance, and improve your stability. Strength & Core Restore is easy on the knees and does not involve quick movements. Designed to be a stepping-stone between our seated strength classes and CXWORX/Body Pump or other high intensity classes on the schedule, this class is perfect for any individual. This class is a great way to start your fitness journey and maintain strength & balance!

Yoga Sculpt—Join us for a power yoga session where you will work the muscles with strength moves, stabilization, and yoga poses to sculpt and shred the body while gaining strength, balance and flexibility!

Instructors Choice— At an instructors choice class you might see a HIIT format, Strength or Toning, Step, Circuit, Tabata, or Kickboxing! This class will provide a fun variety and something new and exciting to look forward to each week! Know that you can expect a great workout with ever-changing formats! Check our social media platforms for the class of the week if you would like to know ahead of time!

Senior Classes

Sunrise Splash—*Recreation Pool*—Join us in our warm water pool for a low-impact work out that is gentle on your joints to improve agility and flexibility. You will use a variety of aqua fitness equipment to increase overall strength, balance and coordination.

Dance Fitness—Get groovin' at your own pace! This easy-to-follow, low impact class lets you move to the beat at your own speed. It is an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Dance fitness classes provide modified, low-impact moves for active older adults!

Seated Yoga—You will move through a series of seated and standing yoga postures using a chair for support as needed, to improve strength, coordination, balance and flexibility!

Seated Strength/Cardio—A low impact class using hand held weights, resistance bands, balls and a chair. You will increase muscle strength and range of motion, while improving cardiovascular and muscular endurance and balance.