

GROUP FITNESS CLASS DESCRIPTIONS



FUNCTIONAL STRENGTH AQUA

Increase strength, range of motion, and mobility with resistance and barbells in the pool.



AQUA AEROBICS & CARDIO AQUA

Calisthenics and aerobic activity performed to music in the pool. Tools are used to increase the waters' resistance, while maintaining minimal stress on the joints.



DEEP WATER AEROBICS

This is the place for core strength development and muscle conditioning! Experience this non-impact workout done completely suspended in deep water. Realize your power – maximize your training results! Water belts provided and required!



AQUA ZUMBA

This course is the "pool party" workout for all ages. A class that is safe, effective and a challenging water-based workout, that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines



CHAIR YOGA

A chair replaces the yoga mat and becomes an extension of the body. Poses are done seated on the chair or the chair is used for support while standing. Chair Yoga is suitable for all ages and fitness levels. Sneakers are worn during Chair Yoga.

*Sign-in at the front desk required no more than 30 minutes before class. Held in upstairs yoga studio.



GENTLE YOGA

Gentle Yoga is designed to increase the fitness level of any age. Gentle Yoga includes yoga poses and methods that will allow you to increase muscular strength, endurance, flexibility, and increase stamina, lung capacity and overall wellness. Chair support is offered.



HATHA YOGA

A well-rounded practice moving at a moderate pace to allow for a fuller expression of each posture (asana). This practice includes breathing deeply into each posture, connecting breath with various movements, & releasing tension held in our muscles & connective tissues. The ultimate goal is to feel more open, clear, & balanced & reconnect with our body, mind, & spirit.

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TAI CHI

Meditation through movement patterns which involve no impact or physical contact. You will be guided through flowing motions in a controlled movement to provide challenging ways to increase strength & endurance without risk.



INSANITY®

Insanity® is a cardio-based total body conditioning program. It is an interval class that requires no equipment, is easy to learn and fun to take! Intervals consist of various athletic drills which result in high caloric burn. Modifications for all fitness levels. Instructors are INSANITY® certified.



P90X®

P90X is total-body strength and cardio conditioning that helps you blast fat and build lean muscle fast. Using dumbbells, resistance bands, and your own body weight, you will work on your upper strength, lower strength, cardio, and core. Modifications for all fitness levels. Instructors are P90X® certified.



SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are provided.



SILVERSNEAKERS® CARDIO

Get up & go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow, low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises — all designed to energize your active lifestyle!



20/20/20

Here's the class you've been looking for! This class will give you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core conditioning. All fitness levels are welcome!



GROUP ACTIVE®

Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. All in a supportive group environment, with motivating music and caring instructors. Get more out of life, get Active!



GROUP BLAST®

Blast off your workout with 60 minutes of cardio training that uses the STEP in highly effective, athletic ways. Group Blast will get your heart pounding & sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. Have a BLAST!



GROUP CENTERGY®

Redefine yourself with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy!



GROUP CORE®

Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain with integrated exercises using your body weight, weight plates, a towel and a platform — all to challenge you like never before. Reach your peak with Group Core!



GROUP FIGHT®

Group Fight brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Fight will knock you out!



GROUP GROOVE®

If you can move, you can Groove. You'll stomp, flick, wiggle, hip-hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you get a move on with Group Groove!



GROUP POWER®

Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



GROUP RIDE®

Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 50 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride on!

*Sign-in at the front desk required no more than 30 minutes before class. Held in upstairs RIDE room.



R30®

Get fitter in only 30 minutes with R30 It's as easy as riding a bike, and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. In R30 everyone finishes first!

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ZUMBA®

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Let the Latin and World rhythms take over during this effective and fun "exercise in disguise".