

# CLASS DESCRIPTIONS

*Some classes are not scheduled year round and are subject to change.*

**ABC Abs-Buns-Cardio** Interval class targeting abs and buns with a mix of cardio.

**Bootcamp** Indoor/Outdoor class that mixes traditional calisthenic and body weight exercises with interval training and strength training. Expect to run sprints, jump rope, perform pushups, and plyometric training, just to name a few examples, with little rest between exercises. This class will push you harder than you would push yourself!

**Cardio Kick-Box** An energetic aerobic workout combining punching and kicking moves. Great for strengthening, toning, and flexibility too!

**Cycle** In this instructor led class you can burn up to 800 calories in an hour while riding to motivating music! It's great fun for all levels of fitness because you control the intensity of your workout.

**KettleBell Pump** This 30-45 minute class promises to deliver a high intensity workout like no other group fitness class. KettleBell Pump provides unique multi joint movements that exercise all the large muscle groups while simultaneously providing a high level of cardiovascular endurance training.

**\*Line Dance** Low impact class teaching line dance steps.

**\*Low Impact Aerobics** Low intensity class for seniors, beginning exercisers, and those who enjoy aerobics but prefer a milder pace. This class incorporates cardiovascular fitness, muscular endurance, balance, and flexibility.

**\*Pilates** Develop a strong core, (center of the body), and feel refreshed in this class as you focus on strengthening the abdominal muscles, the trunk, pelvis, and shoulder girdle. You will also work on improving flexibility, agility, and economy of motion. Exercises are performed on a mat and are appropriate for all levels of fitness.

**\*PiYo** A fusion of traditional yoga, pilates, and fitness moves to give a highly effective workout. Train your core and challenge your balance in this upbeat workout!

**\*Silver Sneakers** Very low to no impact exercise class geared toward seniors and designed to increase mobility, range of motion, flexibility, and balance with gentle exercises.

**\*Simple Step** Learn the basic moves on which all step is based. Get a great cardio and fat burning workout to fun music and routines.

**\*Step-Sculpt** An innovative aerobic workout, stepping on and off a 4 to 8 inch bench, with the option of using power moves for variation. This class also incorporates strengthening, toning, and flexibility exercises.

**\*Tai Chi** This class teaches the ancient Chinese art of Tai Chi that is a system of exercise using slow, smooth body movements proven to improve balance, strength, memory, and overall health.

**Total Abs** 30 minute abdominal class.

**Yoga Flow** Leave it all behind with this blend of physical movements, breathing, and deep relaxation skills that reduce stress, strengthen the body, and increase flexibility.

**\*Zumba** Zumba® is a cardio dance class that fuses latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!