

Group Fitness Class Descriptions

Aqua:

Basic H2O Cardio: (formerly H2O Therapy): Held in the therapy pool. Low impact activity provides mid to high cardio training utilizing water resistance for a total body workout. Less intense than the H2O Cardio and great for those suffering from arthritis, or healing after an injury!

H2O Cardio: (formerly Aqua Fit): Held in the lap pool. Low impact activity provides mid to high cardio training utilizing water resistance for a total body workout.

SilverSplash®: Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Tri-Swim: Led by experienced "ironmen" triathletes. This is a class to help you become a better swimmer whether you are gearing up for a triathlon, or interested in swimming for fitness.

Muscle Strength and Conditioning:

Exercise Instruction: Learn the basic techniques of free weights in Wellness II.

Gentle Stretch: A class designed for those who might be a little intimidated by walking into a yoga or pilates class. This class incorporates both for a nice stretch and core strengthening. (Meets in the Multipurpose Room, next to the gym)

Mat Pilates: (formerly pilates): A mat-based class designed to strengthen and stretch the core muscles (abs, back, glutes, and thighs)

Pilates/Weights: (formerly power pilates) a combination of Mat-Pilates and using weights to sculpt long muscles.

Basic Yoga: Practice basic yoga postures and relaxation techniques to improve flexibility, balance and increase strength.

Flow Yoga: Movement-focused yoga, intermediate to advanced pose-work, though all levels are welcome. Students will expand their practice and grow in strength, flexibility, and balance.

Restorative yoga: Gentle yoga with a focus on healing. Students may be assisted by a chair or other props depending on the center.

Just Weights: (formerly chisel) No frills, no fuss, straight-up strength with barbells/weight plates, dumbbells, and a bench. Throw in some abs, and you've got an awesome power-packed class.

Ultimate Circuit: (formerly weight training) Intensity and fun all in one class? Drills, games, Freemotion® equipment and strength are the core of this challenging class.

Cardio Classes:

Ultimate Cardio: (formerly cardio challenge) A total cardio workout! Have fun with all the equipment in the closet and a variety of drills (sports, agility, running, jumping, mixed-impact) to get your heart and lungs stronger and healthier.

Cardio/Circuit: (formerly cardio fusion) combinin cardio and strength training for a fun and challenging class.

Senior Circuit: A circuit class using the FreeMotion® equipment. You will improve cardiovascular and muscular strength as you combine machine weight with cardiovascular exercise.

Cycle: A group cycling class led by an instructor who will guide you through a series of simulated bike courses – hills, valleys, jumps, open road. A great calorie burner and fun for ANY level. The classes are named to reflect the instructor's personalities.

* If this is a new class to you, we recommend that you arrive 15 minutes prior to class time so the instructor may set your adjustments and help you safely ride.

* You may reserve a bike the day before your scheduled class by phone. You may not sign up for 2 consecutive classes.

* Be sure to bring a towel and a water bottle. We recommend that you drink plenty of water before, during and after class.

Cycle/Run: combining a cycle class with running and sports training to equal an intense, increased fitness level.

Kick/Ultimate Cardio: A combination of power kicking and a total cardio workout!

Kick/Cardio Box: A combination of power kicking and punching to provide a great cardio workout, and shoulders, chest, back and arms of steel besides!

Power Walking: Meet your instructor outside the front door as the class will power walk outside. Class will not meet if weather is bad. Get your heart pumping!

SilverSneakers® (Tue/Thur) - Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball ore offered for resistance; and a chair is used for seated and/or standing support.

SilverSneakers® (Mon/Wed) – Cardio Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation

*Friday's class will incorporate both of the classes.

Ultimate Cardio: (formerly sports conditioning) A total cardio workout! Have fun with all the equipment in the closet and a variety of drills (sports, agility, running, jumping, mixed-impact) to get your heart and longs stronger and healthier. Oh, and can you say, "calorie burn?"

Step: This workout is for all who love or want to love step! Enjoy mixed-impact choreography, broken down in a learn-able format..

Step /Weights: A step workout adding weights to work cardio and strength.

Zumba- designed for everyone. It is a combination of easy to follow dance steps and fitness moves, all to a diverse beat. Zumba is a cardio based workout that is fun, different and effective. Come join the party...you'll be back for more!

Zumba Gold-designed for the beginning exerciser or the older adult...just as fun as zumba! (Class is 30 minutes)

(Zumba-Family)-designed for ages 7-12 with an adult, and anyone 12+

KIDZ FIT: a fitness class designed just for children ages 7-12; a fun way to get them moving!