



**Watch for new fitness grids Every Month to keep you better informed of class changes! "Express" beside a class name denotes the same format as the original version in a condensed form to offer the same great workout you're used to when short on time.**

**Advanced Core Strength** This is a mat-based class focusing on time under tension to build strength, stability, posture, and proper breath control, with an emphasis on challenging the core muscles.

**Ai Chi** is a simple exercise and relaxation program performed in shallow water using a combination of deep breathing and slow, broad movement of the arms, legs and torso. It will improve range of motion, promote blood circulation and increase metabolism.

**Shallow Water Aerobics** Make the most of the resistive qualities of water to help increase your flexibility, cardio fitness level and muscle strength. Perfect for first-time exercisers, currently active or those looking for a good workout. This class is taught in chest deep water in the Verhulst Pool. Participants should be comfortable in the water but do not need to have swimming skills.

**Deep Water Aerobics** A powerful workout that will improve your posture, strength and cardiovascular endurance. This non-impact exercise is a perfect alternative for individuals with knee or back problems or those looking for a break from running or high impact activities. Participants should be comfortable in deep water as this class is taught in the deep section of the Verhulst Pool.

**Arthritis Aquatics** An aquatic exercise program designed for people with arthritis and related conditions. The warm water of Garton Pool provides gentle resistance to build muscle strength and support joints to encourage free movement. Participants should be comfortable in the water but do not need to have swimming skills.

**Back to Basics** is ideal for the new exerciser. It includes simple moves and modified cardiovascular intensity.

**Barre** has elements of pilates, yoga and strength training using your own body weight and training props to create balance while targeting muscles with small and repetitive moves. Choreographed to popular music, this class will sculpt, slim and stretch your entire body.

**BODYPUMP™** is the original choreographed barbell class that strengthens your entire body. This class is taught by a certified Les Mills BODYPUMP™ instructor.

### **Express**

**Boot Camp** utilizes all types of equipment. Your muscles will reach fatigue and your heart rate will climb. All exercises will be timed intervals versus repetitions, so all levels can participate together.

**Boot Camp/Tabata** Get increased results with this class. It will elevate your heart rate and challenge your strength by combining bursts of intensity with short rest periods.

**Butts 'n' Guts** shapes and sculpts your abs, glutes and back.

**Customized Yoga** is a group setting class for all levels. Great for those who have problem areas or weaknesses they want to work on, Jenny will tailor the class to the needs of those attending.

**Cycle, Sculpt & Stretch** A well-rounded workout, start with cardio in this indoor cycling class. While the body is warmed up, continue with weight/resistance work. Recover with a yoga portion. Get all the benefits of cardio, strength, and stretch in a 45 minute class.

**Cycle & Strength** This class combines intervals of cardio on the bike along with strength training exercises off the bike, using dumbbells, bands, and your own body weight.

**Dance Fitness** A fun-filled group class involving both dance and fitness elements, choreographed to a wide variety of music.

**Essential Senior Fitness** gives you a total body workout. Class includes warm-up, ROM for joints, coordination/ flexibility, appropriate cardiovascular, upper/lower body strength training using chairs, hand weights, tubing, therabands, medicine balls, body bars, bean bags, slides, balls. Having fun and exercising are key to a healthy lifestyle.

**FitFlow** A 45-minute workout that includes yoga, strength exercises and short cardio intervals. This class is a total body workout designed to lengthen and strengthen muscles, improve balance, and challenge the cardiovascular system. Ideal for all levels and guaranteed to make you sweat!

**Friday Fitness Mix** Wrap up your work week with a 45-minute fitness class. The class will vary each week, ranging from cardio to strength.

**Fusion Flow** This class combines exercises from different formats such as yoga, barre, and pilates for flow-based movement that focuses on strength and stretching. Bring your mat and leave your shoes at the door.

**Group Cycle** Indoor cycling in a group experience improving endurance and cardiovascular health to energizing music.

**Indoor Cycle** A cardiovascular workout performed to a variety of music. Indoor classes utilize Matrix bikes equipped with bike computers to help maximize the efficiency of your workout. Some classes may take place outside and will utilize our Spinning® bikes.

**Line Dancing Fun** Dust off your boots and join us for Line Dancing Fun on Fridays! No need to be an experienced dancer. Diane will take you through easy-to-follow moves to various fun music. Get active and have fun!

**Matrix Ride** Precise metrics. Exhilarating rides. Matrix Ride is an exclusive program that blends the energy of classic group cycling with precision performance training, integrating metrics for compelling classes that deliver measurable results. These metrics include RPM, distance, calories, heart rate and watts. **Express**

**Modified Tai Chi** If you have attended Moving for Better Balance but are having a hard time fitting it into your workout, this is the perfect opportunity for you! Join Jen on Mondays and Thursdays while we continue to practice the 8 moves we learned to keep them fresh in our minds and improve our balance. This modified class will be taught at Berkshire Community Gymnasium (101 School St, Sheboygan Falls).

**Power Yogalates** If you enjoy a dynamic class mixing strength, pilates and yoga movements, this is the class for you! Each class is different and challenges your balance, coordination and overall body strength.

**Power Flow Yoga** includes sun salutations, vinyasas, and a combination of flowing mindful movements geared to build strength, balance, and well-being. All levels are welcome.

**RIPPED** "The One Stop Body Shock™" is a mix of resistance, intervals, power, plyometrics and endurance components.

**Silver Sneakers®** will set you up for daily living with functional exercises that increase upper and lower body strength. The addition of low-impact cardio maximizes fitness benefits. Coordination drills will aid in balance and fall prevention. You will use weights, elastic tubing and a Silver Sneaker® ball. Use of a chair allows for modifications, making this a class for all levels.

**Silver Sneakers® Yoga** will move your body through a complete series of seated and standing yoga poses.

**Sit and Stretch** Join Jen for this 30-minute stretch of all the muscle groups of the body. Balance and coordination drills may be added. Modifications and use of the chair make this appropriate for the beginner exerciser, sedentary individual or senior-aged member.

**Slow Flow Yoga** is great for the beginner. Explanations of movements will be given as well as modifications so that all movements are done safely and correctly.

**Strength Circuit** You will fatigue all muscle groups when rotating through a series of exercises in this fast-paced class. Because you can modify for increased or decreased intensity, it is ideal for all levels.

**Strength and Pilates** focuses on functional alignment, better movement patterns and works to correct muscle imbalances through strength-based exercises. This class will integrate the 9 Pilates principles including breath, concentration and control, along with strength challenges to meet the needs of any fitness level.

**Ultimate Boot Camp** is a full-body strength, conditioning, power and agility training presented in multiple formats. Timed intervals in a circuit, team drills or group exercise - anything goes! Try it one day and it will change the next - very little class repetition. Typical moves include lunges, crunches, squats and push ups. Modifications are available for every fitness level. If you are used to working out 30 minutes, this class will push you to the next level. OUTDOOR policy: if it is 48 degrees or warmer, we will first meet in the Aerobic Room, grab any equipment we might need, then head outside. Bring a long sleeve shirt to start the workout!

**Yin Yoga** is a slow-paced style of yoga with poses that are held for longer periods of time to target the tissues of the body, our connective tissues – ligaments, joints, bones—the deep fascia networks of the body.

**Zumba®** is a class to party yourself into shape with a choreographed, Latin-inspired workout.