

## CORE FITNESS CLASS DESCRIPTIONS

*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.

*Arthritis Foundation Aquatics* is a program where participants are led by trained personnel through a series of specially designed exercises which help improve joint flexibility. This class will help add muscular strength and endurance with a minimum of injury.

*Aqua Boot Camp* is a higher intensity water fitness class with the benefit of little to no impact on the joints. This class incorporates timed cardio intervals and also the use of hand weights in the water to add a strength element to the class.

*Aqua Fitness* is a total body workout using resistance of water. The class is in shallow water on Monday, Wednesday and Friday and in deep water on Tuesday and Thursday.

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

*Basic 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.

*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.

*Butts 'n Guts* will shape and sculpt your abs, glutes and back.

*Cardio Strength* is a complete workout in concentrated segments of both cardio and strength.

*Fitness Boost* is the perfect mix of cardio, strength, resistance and stretching. The use of hand weights, velcro weights, resistance bands and balls will make each class different!

*Kettlebells* is an aerobic workout comprised of whole body exercises requiring full body integration and core stabilization.

*HIIT - High Intensity Interval Training* involves short bursts of activity, followed by a short recovery period. HIIT improves cardio and muscular strength.

*Kung Fu* is a system of martial arts that incorporates a series of unique motions and forms. It also teaches effective methods for self defense. The Moh Kempo system of Kung Fu provides a total workout for the body, helps release stress, builds strength and endurance, and improves flexibility and balance. The art teaches and emphasizes conscious breathing. Specific breathing techniques and meditation are important parts of the training that will help promote peace of mind, self-confidence and stress relief.

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

*POUND®* - Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

*Power Vinyasa Flow* is an all levels flow class. You will move consistently from pose to pose utilizing the principles of alignment, the practice of personal awareness and breath. Students will build strength, flexibility, balance and concentration, while cleansing the body and calming the mind. This challenging and flowing form of yoga will transform your body and revive your spirit!

*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.

*Pulse, Sculpt & Flow* is a full class of fusion exercise to target all aspects of your workout! It includes three blocks of a variety of cardiovascular movements, strength training, rhythmic Pilates and yoga flow.

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

*SilverSneakers® Classic* will increase your muscular strength, range of motion and activity for daily living skills.

*SilverSneakers® Circuit* will increase your cardiovascular and muscular endurance power with a standing circuit.

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

*Strength & Pilates* involves strength work during the first half of class and Pilates moves during the second half.

*Total Conditioning Circuit* is an intense workout that includes cardio, strength and core work by rotating thru various stations.

*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!

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