

## Class Descriptions

Aqua Abs: Get 30 minutes of Hard “core” training in the water to help sculpt those abdominals.

Aqua Athlete: an intense cardio workout in the deep water using intervals, sprints, and high energy endurance training.

Aqua Master: This cardio-based Aqua workout is for the master at heart. It is designed to be intense and very challenging.

Cardio Intervals: This is a high-energy 45minute class designed to get the heart rate up and keep it up for 45 minutes! This class will consist of step, hi/lo, kickboxing, track work and more.

Cardio & Strength Conditioning: A mix of cardio and strength work. This class incorporates a mix of cardio, using hi/lo and step, and strength using a variety of equipment..

Circuit city: This class incorporates tons of circuits for a fast-paced, fun workout.

Cycle: This class is 45 minutes of cardio fun! Be prepared to experience intervals, drills, races and climbs while your instructor takes you on a ride of your life!

Definition: Work every muscle, in every angle, in every way. This class is 45 minutes of intense total body toning using a variety of equipment to really sculpt and define the whole body.

Essential Stretch: For 30 minutes, our instructors will lead you through a full body stretch to improve flexibility and joint range of motion.

Group Active: A 60-minute class that will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive and motivating group environment.

Group Power: This 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. Appropriate for all fitness levels.

Group Power Express: Same GREAT class; just 45 minutes instead of an hour.

Group Ride: Everyone Finishes First! A 60-minute indoor cycling workout set to amazing music created for anyone who can ride a bike. This class uses intervals, climbs, races and more to offer an outstanding cardio experience designed to help you reach your goals.

Group Step: This 60-minute compelling cardio program utilizes the step in many different positions and heights to strengthen and shape the lower body one step at a time. Energetic music and motivating instruction combined with simple, fun athletic moves create this spunky cardio workout.

Interval Infusion: This aquatic class alternates aerobic cycles of moderate to moderate/high intensity levels.

Mat Pilates: A method of body conditioning for strength, flexibility and balance with an emphasis on core training.

Pilates Plus: This class takes Mat Pilates to a new level by incorporating a variety of equipment while performing traditional Pilates moves. This 45 minute class is an outstanding core workout.

Pure Cardio: An invigorating water exercise class designed to provide a great cardiovascular workout.

Restorative Rest: A meditation class that uses guided imagery and visualization to rejuvenate the mind. This class is like none other; it is sure to take you through a journey of peace and serenity.

Shallow strength: This aqua class meets in the shallow water for 45 minutes of strength and toning. This class uses weights, bands, noodles, etc. to sculpt the body top to bottom.

Silver Fit: This class is designed for our silver athletes. A conditioning class where exercises are performed in standing, sitting or at the wall. Light weights are used to tone the body and balance skills are also incorporated.

Water Circuits: The best of both worlds... cardio and strength intertwined into one great aqua workout!

Yoga: This traditional yoga class uses exercises to strengthen and stretch the body. Yoga has been proven to increase flexibility, strength, postural alignment, and reduce stress.

Yoga Essentials: Increase range of motion, promote flexibility, and experience deep relaxation while moving slowly through a sequence of basic yoga postures. Perfect for new or experienced participants.

Zen Yoga: This class provides the participant with an hour of traditional yoga to cultivate flexibility, strength, balance and serenity followed by 15 minutes of deep relaxation and meditation.

Zumba: Join the Zumba Party! A Latin-Inspired Dance based exercise class that is sure to get you moving, dancing, smiling and laughing! This class is so much fun; you almost forget you're exercising!

Note: The instructor listed by the class name will be the instructor for that class this month. If there are two or more instructors listed, these instructors will be alternating weeks. Typically the instructor listed first will be on the first week and the second will take the second week, and so on. However, instructors are subject to change without notice.