

CLASS DESCRIPTIONS

Aqua Fit with Latin Beat	An aquatic workout to music to a lively Latin beat. Uses water weights for resistance.
Aqua Zumba	An aquatic workout with a Zumba beat. No prior Zumba experience required. Let's just exercise in the pool!
Chair Yoga	A gentler form of Yoga using chair for support and modified poses. Does not use mat that requires going up & down from the floor. Improves flexibility, strength & balance.
Classic Aerobics	It's all about Back To Basics with this class. Remember low impact...grapevines, Hustle steps, and pivot turns? Here they are again. Aerobics, strength, and stretch.
Core Combo Yoga	This variety class will incorporate work on the floor as well as standing. Focus on core muscles infused with flow, yoga and pilates for flexibility.
Country Fitness	The class focuses on actual country line dances, while "fusing" four other types of dances and music. Participants in Country Fusion will see improvements across the board, in their overall muscle endurance, fat loss and weight management, improved core and joint strength, better coordination, balance, and memory. The class can be modified for all ages and levels of ability!
Gentle Cardio Strength	For those starting to get into a regular exercise routine. Low impact cardio moves, then seated light weights to develop muscle tone. A bit more challenging than Sit /Fit.
Hydro Challenge	Cardio and resistance moves that are easy on the joints. Improve flexibility, balance, and posture. Bring Water Weights.
Seated Combo	Seated (and standing) exercises with emphasis on strengthening core and balance muscle groups.
The 100	A strategic combination of exercises focusing on the Powerhouse. Challenge you stability, coordinatin and balance while using the 6 key principles of the Pilates method - concentration, center, control, precision, breath and flow.
Total Body Strength	This workout combines basic dumbbell exercises for toning and muscle strength with stretch exercises for flexibility and mobility.
Transform (Strength)	Strength the core and more with dynamic movemens. This class uses and equal combination of upper and lower body strength and stability excises.
20/20/20	CORE, STRENGTH, and FLEXIBILITY. Use of hand weights, kettlebells, medicine and stability balls to target zones. Floor work and standing exercises to achieve tight abs, muscle definition, and full range of motion.
Yin Yoga	Passive form of yoga. Simple yoga postures held for extended periods either seated or laying on the mat. Body and mind are meditatively destressed helping body and mind to slow down, to increase flexibility,energy, balance, and to improve sleep, mental focus and clarity.
Zumba	Latin inspired dance/fitness class that tones the entire body..... In beginner, learn steps and sequences.