

Mind/Body

Gentle Chair Yoga: This class is designed with a gentle approach for participants with limitations. Asanas may be assisted using chairs and props. Posture, breath, flexibility and strength will be emphasized.

Gentle Yoga: A gentle approach to yoga. Most poses will be performed on the floor. This class does not include a lot of up and down movements. Props are used to assist in postures.

Level 1: Learn the importance of technique and breath. This class is beneficial for Beginners. You will learn proper techniques that will enhance your yoga/Pilates experience. Class ends with a relaxing meditation. **No** previous experience needed.

Level 2: This class combines traditional yoga/Pilates postures that involve synchronizing the breath with progressive series of repetitive postures. This invigorating class promotes strength, flexibility, balance and endurance. This level introduces more postures including sun salutations in yoga and intermediate level Pilates exercises.

Level 3 Yoga: A challenging practice creates a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. This class is for those with ongoing yoga practice and familiarity with modifications. Arm balances, inversions, backbends and deep twists will be explored.

Level 3 Pilates: This class is for the experienced & conditioned student. It will include all intermediate and advanced Pilate's exercises.

Cardio Pilates: All levels. This class will take you through unique variations of traditional Yoga poses and Pilate's exercises. You will work every muscle group and get the benefits of core training along with a cardiovascular workout.

Pilates Strength: A strength class that uses the pilates philosophy and techniques.

Barre Class: Designed for all levels. This class combines pilates, yoga, strength, and dance to give you a full body workout. A ballet bar is used to assist with stretching, strength and balance. Come see what the craze is all about!

Barre Ballet: This Barre class focuses more on danced based bar work.

Group Reformer Classes: Classes are run on 12 week sessions. Registration and information can be picked up at the front desk. Open classes are continuous, however sign up is required.

Reform School

In this class you will receive an equipments orientation. You will learn the 5 basic principles, the boney landmark connections, and proper techniques, along with the essential reformer exercises. This class will help you get the most out of your Pilates practice based on the work of Joseph H. Pilates.

Essential Reformer Level

Based on the work of Joseph H. Pilates, this class incorporates strength and flexibility movements which produce lean muscles and core stability. This class is designed using the essential exercises on the reformer and technique and breath will be emphasized. Prerequisite for this class is to have completed Reform School or receive at least 2 private sessions and have an instructor's approval.

Intermediate Reformer Level

Based on the work of Joseph H. Pilates, this class incorporates strength and flexibility movements which involve good coordination skills. Participants must be able to stabilize through the pelvic girdle, shoulder girdle and torso. This class will continue to use essential exercises along with intermediate exercises on the reformer. Prerequisite for this class is to have completed the Essential level and have an instructor's approval.

GROUP Fitness

Multi-level Cardio Classes: **Moderate-to-high intensity.**

20/20/20: Designed to give you a taste of everything while keeping your interest with a variety of formats. 20 minutes of cardio, 20 minutes step, and 20 minutes of strength.

Cardio Kickboxing: High-energy sessions that combine boxing, martial arts, and various cardiovascular modes to provide a total body workout.

R.I.P.P.E.D.: Experience this "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of **R.I.P.P.E.D.** to help you attain and maintain your physique.

For all participants

Interval Challenge: Interval training with short bursts of power for 30 seconds implemented throughout the work out.

Cardio Mix: A mix of various cardio formats that will burn fat and improve cardiovascular health. There is no complicated choreography in the mix, easy to follow .

Variety Step: Cardiovascular work choreographed around the step. Classes will include a variety of step formats.

Treading: Instructor-led class held on the fitness floor treadmills incorporating speed and evaluation intervals to take your cardio workout to a whole new level! Sign up at the front desk.

Zumba: Come experience the newest rage in dance aerobics. This mixture of body sculpting movements and easy to follow dance steps is an energizing cardiovascular workout.

Cardio Dance: This class includes many dance styles such as; modern, jazz, hip hop, and ballet. Dust off those dance shoes and get ready to have fun while burning those calories.

Sports Conditioning: Come play at your own fitness level and improve speed, agility, power and muscular strength to increase fat burning ability through sports conditioning.

BSC (Balance Strength & Core): Improve your balance, muscular and core strength while integrating proper form. End with a relaxing stretch.

Cardio Sculpt Blast: A total body workout for both muscular strength and endurance. Easy-to-follow athletic drills are partnered with upper and lower strength training segments. Continuous movement to great music keeps the heart pumping during sweat-drenched sculpting sessions!

Drums Alive: A cardiovascular class using Resist-A-Balls and drum sticks to create a drumming dance aerobics workout. Fun for everyone!

Zumbalates: Easy to follow Zumba dance steps along with pilates mat exercises will keep you in great shape.

Cycling Classes

Cycle: Learn the basics of indoor cycling, including bike set up, intensity monitoring and how to get a great fat-burning workout.

Cycle & Stretch: 40 minutes of cycling followed by 20 minutes of cool-down and stretch.

Power Cycling: A cycling class using visualization and music for motivation. Climb hills and sprint your way to fitness. Non-impact and intensity is individually controlled.

Core Cycle: This class begins with 15 minutes of core work and then provides an intense ride on the spin bikes.

Multi-level Strength Classes

Group Power: A challenging yet achievable program that uses adjustable barbells making it ideal for people of all ages and fitness levels. As you progress, simply add weight.

Strength Conditioning: Strength and endurance class using a variety of weighted resistance.

Core & More: Improve your balance, muscular and core strength while integrating proper form. End with a relaxing stretch.

Older Adults: Lower intensity level classes that are basic and easy to follow designed for our older adults.

Senior Fitness: Improve endurance, balance, flexibility, core strength with upper and lower body strength, in a fun group environment. Exercises performed from both sitting and standing positions. Participants are encouraged to work at their own pace.

Zumba Gold: An invigorating Zumba workout with an easier pace to follow.

Flexibility: Gentle stretches to increase range of motion. Class ends with a relaxation segment to calm the mind and body.

Beginners: Introductory or beginner classes.

Lite Interval: A combination class featuring various aerobic formats combined with weights and balls.

Energy Stretch: An invigorating yoga-inspired stretch and relaxation.

WATER Fitness

Aqua Fitness: When exercising in the water you can work up to 12 times harder without stress on the bones and ligaments. The dynamics of the water allows you to work at a lower heart rate and achieve the same benefits as on land.

Aqua Zumba: Add a Latino flare to your water workout party that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

Deep Water Workout: 30 minutes of deep water fitness followed by 15 minutes of strength training in the warm water pool using a variety of equipment.

Arthritis: Classes held in the Warm Water Pool. Arthritis Foundation certified instructors will lead you through a series of exercises that can help relieve pain and stiffness caused by arthritis, fibromyalgia and other painful diseases. Classes require advanced registration for a 12 week session.

Arthritis Endurance: Classes held in the Warm Water. Same as Arthritis with a more advanced endurance component. Classes require advanced registration for a 12 week session.