

CLASS DESCRIPTION

ARTHRITIS CLASS:

Designed for arthritis patients, this program will get you ready to increase muscles strength and improve range of motion and balance by using balls, resistance bands, small hand held weights, plates and other materials while sitting on a chair. This class is set in a circle so you can see the instructor perfectly and ask all the questions you need. Enjoy the social atmosphere and relaxed environment. All fitness levels welcome!

BAR STRETCH:

This is a toning and stretch class using the weighted bar.

BEGINNING BOOTCAMP:

In this class you will combine circuit-style routines with exercises led by the instructor to improve your strength. This is not a high intensity class. It is designed for beginners and focuses on form and range of motion. Perfect to get started!

BOOTCAMP:

You will experience short bursts of high-intensity designed to make you sweat. This training targets the major muscle groups of your whole body. From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises using dumbbells, TRX bands, heavy weight bars and more. The instructor writes the workouts on a board, this allows you to anticipate the routines, never be lost in the program and self-pace so any level of fitness is welcome.

BOOTCAMP BOXING:

This is a great workout for everyone interested in improving their cardio fitness and stamina. This class is flexible to serve the needs of all students. Class format integrates combinations of kicks and punches using boxing gloves and punching mitts with Circuit-Bootcamp style training. Be ready to feel a whole body workout!

BOOTCAMP TONE/CORE:

This is a *bootcamp style* class that focuses on maximizing core strength and the toning of your whole body through concise and targeted exercises.

EASY LINE:

It is designed for the older adult or rehabilitating participant. This is a low impact, low resistance circuit class that focuses on recovering range of motion and toning using the EASY LINE equipment that will be set in the basketball court for every session. You will transition from one station to the next in every interval set by the instructor which will give you the chance to use every one of the stations.

HIIT:

It is designed for the non-beginner. This class will target your whole body with bouts of vigorous high intensity exercises with short rest periods. Each class will be different to maximize lean body mass, range of motion, cardiovascular fitness and maintain strength.

PUMP:

This is a low impact weight-based program. By using the barbell, dumbbells and a step you will improve strength and muscle endurance. This class is formatted to tone your whole body using light weights at high repetitions. Major muscle groups are worked via a series of compound and isolation based exercises including squats, presses and dead lifts. The participants will be able to choose the weights according to their own ability. Come feel the burn!

POUND®:

This is a total body rhythmic workout includes cardio and strength. It is a class driven by music. You will follow the beat with Ripstix (lightly weighted drumsticks) that you use to combine the cardio, conditioning and strength training with yoga and Pilates-inspired movements. Get ready to sweat and drum the pounds away!

STEP-LIFT:

This is a high impact athletic class that uses choreographed stepping moves accompanied by a music track that is designed to get you in the rhythm and improve your cardiovascular ability. It combines weight lifting for a complete body workout to develop endurance. Prepare to sweat!

STRETCH-STRENGTH-SPIN:

This class is an entry level Bootcamp with basic spin, weight exercises and stretches.

SPINNING:

This is an indoor cycling cardiovascular workout that takes you on a stationary bike ride. This class is high energy. The instructor's play-list will keep you motivated through a mixture of flats, hills and sprints that will help you burn calories and improve your lower body strength. By adjusting the resistance on your bicycle you can make this work-out very intense. All levels of fitness welcome. Don't forget your towel and water. Let the instructor know if you are new to Spinning so you can learn how to properly adjust the settings on your bicycle for a safe and optimum workout. Have a nice ride!

STONE STRETCH:

This class is a series of stretching and toning exercises.

THERAPEUTIC EXERCISE:

This is a low impact class focused on injury recovery and range of motion improvement. This class is perfect for the older adult and the beginner participant.

TRX:

This is a high intensity class that combines different suspension training bodyweight exercises and that develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX which is provided for you. The TRX Suspension Trainer is a tool that leverages gravity and your body weight to complete hundreds of exercises working out a compound of group muscles with each exercise. Let the instructor know if you are new to TRX so you can learn how to properly adjust the settings on your trainer for a safe and optimum workout.

THE ZUMBA® PROGRAM

Enjoy this aerobic fitness program featuring steps inspired by different styles of Latin American, ballroom and world fusion beats. Prepare to exercise to great music and burn calories without even realizing it. It is the perfect combo of fun and fitness. Let the sense of empowerment and happiness move you to the beat of easy choreographies designed to have you going non-stop. Enhance your coordination and cardiovascular endurance. Come join the party!

ZUMBA:

This is a high intensity, high impact class but don't let that stop you. We have participants that "take it easier" and enjoy the fun too. You will get a few seconds of rest between songs. Grab a towel and bring your water bottle.

ZUMBA GOLD:

This is a lower intensity, low impact Zumba class. Perfect to get started!

STRONG by Zumba:

This is a high intensity, high interval music-led training workout. The music for this program was created to drive the intensity in a challenging progression. You will use your own body weight and experience an increased after-burn. Think burpees, pushups and other high impact moves.

ZUMBA TONING:

This is a medium impact Zumba class that combines light weights into the choreographies to help you focus on specific muscle groups. Join us for a rhythmic strength training experience.

MIND AND BODY

These classes are low to no-impact classes performed barefoot on a Yoga or Pilates mat and other assisting props. We provide all materials but you are always welcome to bring your own. The participants in these types of classes report better sleep, increased energy levels and relief from muscle pain and stiffness. The breathing focus in Yoga practice can benefit heart rate and blood pressure. Our instructors are knowledgeable and will work with you at your own level. Come try a class today!

BARREFIT:

This is a ballet-inspired workout that develops long and lean muscles, enhances flexibility and improves balance by rhythmically moving your own body weight to the music and with the use of a Barre. It focuses on lower body and core through the isometric contraction of the muscles. No tap shoes, leotards or any fancy footwork are required. No need for any dance experience.

ACRO YOGA:

Acro Yoga is a physical practice combining yoga and acrobatics. It is a fun, energetic class focusing on strength, flexibility, balance and technique. You will learn how to safely and properly execute beginner and intermediate *acro* poses and have a great time doing it!

VINYASA YOGA:

In this class you will combine focus on mindfulness, breathing and physical movements to increase energy levels, mental acuity, muscle tone and flexibility. The instructor will guide you through the flow of the practice giving you modifications when needed to advance or ease the exercises; therefore all levels of Yoga practitioners are welcome. You will have the opportunity to learn more challenging poses and experience the aerobic nature of the *vinyasa* flow.

Beginner VINYASA YOGA: This is a slower moving flow class that includes more in-depth instruction on poses, form and breath. Learn safety in poses and transitions, improve stability and flexibility.

YEN & RESTORE YOGA: A very gentle (on the mat) class designed to increase and improve flexibility and mobility through yin yoga and to promote health, wellness and healing through restorative poses, breathing exercise and meditation techniques.

IRON YOGA:

In this class you will combine traditional yoga poses with the use of small weights. You will flow from pose to pose and use arm movements to activate the core and make each pose challenging to your own level.

PILATES and BOOTYLATES®:

Through a series of non-impact exercises performed mostly on a Yoga or Pilates mat and usually with a Bender Ball you will develop strength and physical awareness. This class focuses on endurance for your core, gluteus, back and thighs. It improves posture through body alignment and conditions your body with basic patterns of repetitive and precise movement. Bootylates has a stronger emphasis on sculpting the gluteal muscles and develop flexibility.

TAI CHI: Pronounced "tie chee".

This is a form of "meditation in motion." It is an ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety. In this low-impact class you will perform slow, rhythmic, meditative movements designed to help you find serenity and inner peace. The movements are gentle and not strenuous. You go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention on your body sensations. In Tai Chi the movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai Chi can be easily adapted for anyone, from most fit people to people confined to wheelchairs or recovering from surgery.

TOTAL ABS:

This is an ab-tone and definition oriented program based on some of the best non-equipment exercises designed to condition your core and back. You might use Bosu and Bender Balls with some of the routines but mostly will work with your own body weight.

YOGALATES:

This is a Yoga/Pilates Fusion class. It pairs the ancient *asanas* of Yoga as well as the core centered movement of Pilates.

THE SilverSneakers® PROGRAM

Enjoy this program designed exclusively for older adults. It uses a unique combination of fitness and social activities to empower participants to take control of their well-being. These classes are low impact and easy to follow. They can be easily adapted by the student depending on their fitness level and ability. Meet new people or go with friends. The SilverSneakers community is a welcome community!

SilverSneakers® CARDIOFIT:

This is a safe heart-healthy aerobics class to energize your active life-style using low-impact movement that focuses specifically in building upper body and core strength plus cardio endurance.

SilverSneakers® CLASSIC:

Get ready to move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, resistance bands, elastic tubes with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support.

SilverSneakers® YOGA:

Get ready to move gently through a complete series of seated and standing Yoga poses. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance and learn to relax through slow rhythmic breaths. This version of Yoga is designed for older adults in retirement age and beyond.

SilverSneakers® BOOM MOVE:

A higher intensity dance class designed for the older adult that improves cardio endurance and burns calories. It starts with simple dance moves then builds into more complex sequences bringing you to great workout for the mind and the body.

SilverSneakers® BOOM MUSCLE:

This class incorporates athletic based exercises that improve upper body conditioning. You'll move through several "blocks" which are groups of exercises that focus on different muscle groups focusing on building overall strength.