

CLASS DESCRIPTIONS

Aqua with Attitude - A full-body workout using the water's resistance to improve endurance, strength and flexibility. Core strengthening, toning and highly effective ab conditioning are highlighted in this program.

Aqua, Core & More - This class offers a total-body workout with techniques geared to strengthening and toning your muscles.

Aqua Dynamics - An upbeat, full-body workout for all fitness levels. Full range of cardio, strength and balance training along with toning techniques and core alignment practices.

Aqua Forever Fit (45 minutes) - Move your body through a complete series of movements in the warm therapy pool designed to increase flexibility and balance, while improving your range of motion. A perfect aquatic program for those with stiff or sore joints or healing from an injury.

Aqua Fury - A circuit class that combines high-intensity resistance/strength training and aerobics and will target fat loss, muscle building and heart-lung fitness. It is time efficient and incorporates strength, flexibility and cardio all in the same fun and challenging workout!

Aqua Kickboxing - A class that provides all of the excitement, intensity & benefits of kickboxing but without the pressure on your joints. A great way to combine strengthening exercises with endurance drills to improve your cardiovascular stamina and give a great total body workout.

BenderBall - a pain-free dynamic and safer approach to core training that involves the use of the Bender Ball. You will be working your muscles harder and at an greater range of motion than ever before! While also improving balance, agility, and core stability!

BODYATTACK™ - a sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! (Express classes are a 45-minute format).

BODYCOMBAT™ - an empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYFLOW™ - this Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYPUMP™ - the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast! (Express classes are a 45-minute format).

Cardio Combo - Come and join us for a high intensity interval workout! The class format will change weekly, but just know that you will get a great cardio workout! The track, stairs and studio will be used to achieve this.

Cardio ConFusion - Take charge of your day with this balanced workout combining cardio and strength exercises. You'll move through a series of drills and stations utilizing weights, bands, balls, stairs and track.

Cardio Surprise - "Surprise" your body with this total body workout that will get your heart rate up and leave you guessing!

Cycle Class - A 45-minute cycling class that consists of exercises like, hover, jumps, sprints, hills and jogs, all choreographed to music that will make you want to sing along! Work at your own pace or keep up and get a phenomenal and fun workout that blasts calories, and tones your body from head to toe!

CXWORX - hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster, play harder & stand stronger!

Define Express - Jump start your morning with this head to toe workout. Stations will be set-up to include a mix of cardio, strength training, & core work. Keep your body "guessing" with this unpredictable workout.

Gentle Waves - This class combines low intensity cardio, muscle strengthening and stretching through a full range of motion.

Liquid H.E.A.T. (High Energy Aquatic Training) - A high-intensity cardio explosion combining the agility of plyometric training with deep-core centered awareness activities for an unmatched aquatic experience!

Liquid Sunrise - Join us early Sunday morning for this fun, overall conditioning class that combines strength, flexibility and range of motion training using a variety of equipment.

Member-Child Swim - The swimming pool is open to children ages 6 months-13 years who must be accompanied by a parent at all times!

***Pilates Basic & Beginner 1 Mat Class** - Mat classes are a series of floor exercises. These exercises are designed to create long lean muscles, core strength, and stability while maintaining the integrity of the exercise. These classes do not utilize any equipment or props. A mat is provided, however it is recommended that you purchase a mat of your own if you want additional padding.

RPM™ - an indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. (Express classes are a 30-minute format).

Rock Bottom Hard Core - Get rocked in this stability emphasized workout focusing on your core muscles while getting toned. The combination of aerobic training coupled with weights and the stability ball will ensure you results, And you will have fun doing it!

SilverSneakers - Muscular strength & range of motion. Have fun with music and a variety of exercises designed to increase strength, range of motion & activity for daily living skills. A chair is used for seated and/or standing support. **(Level 1 is for beginners & Level II includes more cardio).**

SilverSneakers Yoga/Stretch - will offer a yoga class with the support of a chair. No exercises will be performed on the floor.

Spinning - Johnny G's famous & the original cycling program! Ride through several drills for a great conditioning program for your outdoor ride & burn tons of calories in the process!

Spinning Beginner - Learn the basics of bike set-up with a shorter and easier cardio ride.

Tai Chi - The art & science of using breathing techniques, gentle movement & meditation to cleanse, strengthen & circulate the "CHI" (life/energy) while also improving balance, flexibility & range of motion.

Vinyasa Yoga - The focus of this class is to create a lithe, conscious, athletic body utilizing yoga postures and transitional movement for strength, stamina, fluidity and balance. Learning to move with grace and poise, creating supple muscularity for greater range of motion and freedom of movement while unlocking your joints, and strengthening connective tissues. Discover a new edge in this flowing sequenced yoga class set to motivating music and hands-on adjustments.

Water in Motion - Dive in and experience the newest wave in water exercise. Perfect for all demographics! Experience diverse, fresh, yet simple movement patterns that will invigorate you regardless of your age, skill or fitness level.

Yoga - This ancient art form will provide flexibility, balance & strength as well as delivering a sense of well-being as you learn proper breathing techniques. Many forms of Yoga will be offered based on each instructors' background & style.

Zumba - This Latin based fitness craze will burn calories while you dance the simplified Latin steps. Sculpt your way to sexy legs & hips as you re-energize in a fun party atmosphere!

Zumba Gold - A brand-new system that is for anyone, any age and any ability level. This is the newest fitness dance routine created by Alberto Beto Perez. This program is designed for participants with very little experience exercise (real exercise beginners, so to speak), individuals that have physical limitations or inactive older adult. The system was created to be easier than the basic but just as much fun. The moves have been carefully designed to be easy to follow by individuals of any size or age.

Zumba Toning - This workout combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm & tone all their target zones, including arms, abs & thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

