

## CARDIO & STRENGTH TRAINING

<b>ATHLETIC CONDITIONING</b>	This challenging strength, cardio and plyometric conditioning class uses a variety of equipment to build a strong base and help you progress as an athlete with improved power and speed.
<b>CARDIO BARRE FUSION</b>	This class incorporates techniques of strength, cardio, balance and core using the barre through rhythmic moves and isometric training.
<b>CARDIO STRENGTH / CARDIO STRENGTH LITE</b>	This class will raise your heart rate for the first portion of the class while toning and strengthening your muscles during the second part. A great combination for an efficient work out!
<b>CIRCUITS</b>	Moving from station to station be ready to fatigue your muscles and get your heart rate up in this quick paced circuit style class.
<b>POWER INTERVALS</b>	Varying timed interval times of :30 – 1:00 per movement, using resistance equipment and bodyweight exercises will get your heart rate high and low. Intensity will vary in segments allowing exercising longer and at more intense levels.
<b>STRENGTH/CARDIO/ CORE</b>	This total body workout combines cardio movements and resistance training to get your heart rate up and keep your muscles challenged.
<b>HI-LO CARDIO STRENGTH</b>	This class will include timed intervals of strength and cardio with high and low impact options.

## CARDIO CLASSES

<b>CARDIO CORE</b>	First half of class is cardio with a variety of formats and equipment. The second half is all core based exercises which could include standing, Pilates, and yoga.
<b>LINE DANCING/ LINE UP AND ZUMBA</b>	Dust off your dancing shoes and put a smile on your face with this low impact cardio workout. Improve cognitive function by memorizing dance patterns while moving your body. Line up and Zumba is a combination of the two.
<b>ZUMBA / ZUMBA LITE/ ZUMBA TONING</b>	Zumba combines high energy and motivating music with dance moves from salsa, tango, flamenco & other international dance styles.

## STRENGTH TRAINING CLASSES

<b>BARRE FUSION</b>	On and off the ballet barre, this class is designed to increase your cardiovascular strength while helping you tone, sculpt, and lengthen your muscles from head to toe.
<b>STRENGTH CONDITIONING</b>	Improve functional fitness, mobility and stability in this strength conditioning class. With the use of equipment and body weight, you will gain strength and endurance for your everyday movement patterns.
<b>STRENGTH ENDURANCE / STRENGTH ENDURANCE LITE</b>	In this weight training class you will develop muscular strength and endurance while using a variety of resistance equipment.
<b>STRENGTH 'N CORE</b>	This class focuses on full body strength training and core strength. Heavier weights and lower reps allow you to concentrate on each exercise resulting in muscle & strength gains.
<b>BARRE/CORE/ STRENGTH</b>	Combining Barre, core and strength movements with an emphasis on building core strength. High rep, low impact movements.

## CYCLE

<b>CYCLE</b>	This challenging cardiovascular workout will guide you through a variety of terrains and speed work as you build muscular endurance. Your instructor will motivate and encourage as you work through targeted zone training, using individual power meters that bring color as you connect!
<b>CYCLE/CORE</b>	This high intensity workout combines a mix of climbs, sprints and intervals on the bike then off the bike Core work for a challenging and well-balanced workout!

## BOX 'N BURN

<b>BOX 'N BURN</b>	This boxing and training class challenges you with bag work, 1-on-1 mitt work, and functional fitness exercises. This perfect combination will help with weight and fat loss, increase muscle and overall strength, boost confidence, relieve stress, and improve focus.
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## MIND & BODY CLASSES

<b>CHAIR YOGA</b>	Traditional yoga poses done in a chair to build flexibility, mobility, and balance.
<b>CORE CONNECTION</b>	This class engages the core with exercises that increase balance, stability and strength from the body's floor. Various exercise equipment will be used.
<b>GENTLE YOGA</b>	A slow-paced class focusing on easy stretching, breathing and relaxation adaptable to any health condition.
<b>MAT PILATES</b>	The Pilates Method is a challenging workout designed to build strong, lean muscles and core strength, improve posture, and increase flexibility.
<b>YOGALATES</b>	Combine the basic postures and techniques of yoga with foundations in Pilates in this fusion class.
<b>YOGA LEVEL 1-2</b>	A mixed level class featuring basic and advanced postures: standing & sitting, balance, spine alignment & core strength. Breathing and moving through poses at your own level.

## WATER CLASSES

<b>AQUATICS AEROBICS</b>	Enjoy a low impact aerobic workout to improve your cardiovascular condition and endurance using a variety of formats in shallow or deep water. All fitness levels will be challenged.
<b>AQUA CIRCUITS</b>	Full body conditioning that involves endurance and resistance training, high intensity aerobics, and other exercises performed in a circuit style rotation. Options available for those uncomfortable with deep water exercise.
<b>WATER MUSCLE STRENGTHENING</b>	Increase your muscle strength, endurance, and core stability using water resistance and a variety of aquatic fitness equipment. This class can be taken in shallow or deep water.
<b>AQUA YOGA</b>	Increase flexibility, strengthen and tone muscles while improving balance and supporting the mind/body connection.
<b>AQUA ZUMBA</b>	Perform all of your favorite Zumba exercises in the water.
<b>BALANCE, WALK, STRETCH</b>	Improve your functional performance and confidence in fall prevention. The heated water and hydrostatic pressure promote muscle relaxation and stress relief as various walking movements are executed utilizing a variety of equipment to improve muscle strength, joint flexibility, core, and balance.
<b>DEEP WATER RUNNING</b>	A perfect cross training that will offer a high intensity cardiovascular workout while giving your joints a break.
<b>WATER CARDIO</b>	This cardio based aqua class in the deep and shallow water will focus on speed, distance, and core work to get your heart rate up.
<b>WARM WATER CORE CHALLENGE</b>	This challenging class will tone, tighten, and sculpt your core. A strong core improves everyday movement patterns, stability, and balance, and lessens wear and tear on the back. All fitness levels will benefit from this training in the warm water pool.
<b>WARM WATER DANCE</b>	Have a blast while dancing, tone muscles, work core, improve range of motion. Noodles and weights are incorporated with choreographed moves for better strength, health and vitality. Sing along!

## SENIOR / RECOVERY CLASSES

<b>BALANCE STRENGTH AND STRETCH</b>	Strengthen and lengthen your body to increase your agility, vitality and confidence in fall prevention. Use a variety of equipment to build muscle strength, core and balance. The last 15 minutes will focus on longer timed stretching to improve flexibility and range of motion.
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**CLASS NAMES IN ORANGE FONT ARE SUITABLE FOR ANY HEALTH CONDITION.**