

## 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 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>BOOTCAMP</b>	Boot camp is a dynamic and intense workout that combines elements of military-style training, high-intensity interval training (HIIT), and functional exercises. These classes are designed to provide a total body workout that challenges participants both mentally and physically
<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.
<b>CYCLE N' 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!
<b>CYCLE EXPRESS</b>	Sweat, Burn, and Torch Calories in this Classic 30 min express cycle class- perfect for beginners and all levels

## 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!

## 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.
--------------------	--

## 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.
---	--

**CLASS NAMES IN ORANGE FONT ARE SUITABLE FOR ANY HEALTH CONDITION.**