

## **FITNESS CLASS DESCRIPTIONS**

**Belly Dance:** An energetic class engaging all body parts for all ages and levels.

**Body Sculpt:** Toning, strengthening, and lengthening for a total body workout using a variety of workout tools such as light weights, stability balls, Gliding, the unique sliding disc exercise system and more. Become balanced and healthy all over.

**Cardio/Core Blast:** A high energy, low impact or high impact calorie burning workout. Burn your way to a better body combined with strengthening exercise for your torso, obliques and lower back.

**Cardio Fusion:** This class is sure to have you moving and having fun. A total body workout with Jazzy cardio moves to challenge all your muscle groups.

**Cardiorobics:** A high energy class guaranteed to burn calories and tone those muscles.

**Easy Ride / Cycle:** If you want to try cycle, but have been intimidated, this is the class for you. Learn correct form, technique and bike setup, for a great calorie burning workout. Beginner class, but all are welcome for the workout. Members can call 24 hours in advance to reserve spot.

**Forever Young (Seniors):** Designed to help manage the affects of aging by regaining functional body awareness. Core and balance training, stretching, and weight bearing cardio movement patterns will get your day off to the right start. Beneficial for all.

**Kickbox Bootcamp:** This class introduces participants of all fitness levels to the fun, physical, and mental challenges of kickboxing. You'll punch and kick your way up to progressively challenging multi-level circuit training drills and routines. Classes limited to 12 people. Members can call 24 hours in advance to reserve spot.

**Pilates/Mat:** 45 minutes of powerhouse training for your back, abs, hips and more. Work on deep muscle control, alignment and strength. For all fitness levels

**\*Senior Fit:** Pre-registration and fees are due before taking this 4 week class designed to help manage the effects of aging by regaining functional body awareness. Core and balance training, stretching, and weight bearing cardio movements.

**Spin:** Music, motivation and enthusiastic coaching will lead students through a ride that best suits their fitness level and goals. Movements and positions include hill climbs, sprints and interval training. Classes limited in size. Members can call 24 hours in advance to reserve spot.

**Tai-Chi:** A non-impact Chinese martial art involving fluid movements emphasizing both physical and mental balance for well-being. (*Yang style, traditional long form*).

**Tough & Tight:** All fitness levels will love this versatile class. Improve cardio conditioning, strength, flexibility, quickness, and agility with this WHOLE BODY WORKOUT! Kick, punch, weight train, and more!

**Yoga:** A total body, mind, and spirit workout which emphasizes flexibility, strength, muscle balance, proper breathing, and relaxation. Multi-level options make it suitable for all fitness levels. Bring a Yoga mat.

**Yogaerobics:** An invigorating class that blends the best of good old-fashioned cardio, calorie burning, low impact aerobics followed by Yoga to strengthen, tone and increase flexibility. All level class. Bring a Yoga mat.

**Zumba:** A dynamic class full of Latin dance moves. It is a mixture of body sculpting movements and easy to follow dance steps.