

## Class Descriptions

### Group Fitness

<b>Go Fit Boot Camp</b>	Designed to build strength, endurance and cardio fitness through a variety of intense cross-training techniques. The class will include cross training between resistance (i.e. weight training) and cardio (i.e. high-intensity interval training and running). It is designed to push participants both physically and mentally.
<b>HIIT</b>	High-intensity interval training is a 30 minute workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest.
<b>Cycling</b>	An indoor cycling class that mimics cycling outdoors. An effective way to increase your fitness, burn calories and break a sweat.
<b>Zumba Gold</b>	Dance your way to a fitter you with exciting and unique Latin moves and rhythms.
<b>Chair Yoga</b>	A Yoga Class that is performed with a Chair for stability. This class practices poses and flow to promote strength, balance, and flexibility while breath and relaxation reduces stress.
<b>Stepping Into Strength</b>	Step aerobics with free-weights. Total body endurance training. Modifications offered.
<b>Total Fit</b>	Advanced strength training. Training in muscle building. Modifications offered.
<b>Relaxation Yoga</b>	A blend of Hatha, restorative and slow flow poses, with breath practices and guided relaxation to relieve stress and develop mindfulness. 1-hr class.
<b>Pilates</b>	This class is available to all ages 14 and older. This Pilates class is designed to promote and improve general fitness, with an emphasis of body toning and mobility. A mat is not required, but recommended.

## Class Descriptions

### Aqua Fitness

Deep Water Aqua Challenge	A self-paced complete cardio and muscular water workout. Experience the training benefits of a non-impact deep water class. Buoyancy belts are worn to increase the core work for the abs and back. Swimming skills are not necessary, but a comfort level in deep water is suggested.
Aqua Flex	This is a low-impact and low-intensity workout taught in the water. You will increase muscular endurance while you tone muscles and improve flexibility.
Aqua Lite	Enjoyable water exercise class designed for the less mobile adult. Gentle movement through water will therapeutically strengthen muscles and provide increased flexibility for the joints. This class is safe and effective for those who experience joint pain or desire a less intense water workout.
Hydro Fitness	A total body workout in the water. Improve strength, flexibility, cardio endurance and body composition. No swimming required.
Deep/Shallow Water Challenge	A water workout designed to invigorate and awaken all of your muscle groups. Need to be comfortable in all depths for Deep Water Challenge.
Water Workout	Move through a shallow and deep water workout that travels you through water with intensity and control. This water exercise class is a total body workout, especially helping to strengthen muscles of the abdominal wall and back. This is a safe and effective workout designed to be fun and enjoyed by the adult who has no fear of water.
Water Works	Move through shallow water with intensity and control. This water exercise class is a total body workout, especially helping to strengthen muscles of the abdominal wall and back. Water works challenges you physically, while letting you leave the pool refreshed and invigorated.

## Class Descriptions

### SilverSneakers

SS Classic	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and or standing support.
SS Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching and relaxation.
BOOM Muscle	Muscle 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. The focus of this class is on toning muscles and building overall strength.
BOOM Mind	Strength. Confidence. Flexibility. Mind takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus of this class is on core muscles, lower body strength and balance.
Silver Strength	Class that focuses on stability, mobility, strength and aerobics. Modifications offered.