

CLASS DESCRIPTIONS

BODY SCULPT: Strength training using light weights, bands, balls and more that hit all the muscle groups. Be prepared for the challenge.

BODYPUMP™: The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. The cutting-edge BODYPUMP™ choreography, and chart-topping music is refreshed every three months, so you can get the results you've been looking for!

CARDIO SCULPT: A variety of muscle sculpting exercises combined with blasts of cardio. Get a complete workout in 60 minutes.

FOAM ROLLER: It's amazing what a rolling the major muscle groups over foam cylinder can do. This breaks up knots in the muscle and releases fascia (connective tissue), which increases mobility, makes daily activities easier, increases performance, and even releases stored emotions. Club rollers are limited, so please bring yours if you have one.

H.I.I.T.: High Intensity Interval Training. This is a high intensity class with the goal of getting the most out of the 45-60 minutes. Cardio and strength moves will be alternated in an interval training format.

KICK-IT: This class alternates between Kickboxing and IT (Intense Training) each week. Kickboxing (see description below) will be held on the **odd weeks** of the month (1st and 3rd Tuesday). IT (Intense Training), a variety of fast paced interval cardio training for all levels, will be held the **even weeks** of the month (2nd and 4th Tuesday).

KICKBOXING: This knockout class is all you need to fight unwanted pounds. Get your cardio and strength training through kickboxing moves with bags and gloves.

LOW/MODERATE INTENSITY AEROBICS: Dance and step class offering a variety of different movements at a lower intensity level.

PILATES: Learn a variety of exercises that strengthen and stretch the core muscles – abs, back and glutes. Benefits include strengthening of arms, legs and abdominals.

R.I.P.P.E.D.: This class masterfully combines the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics, and Endurance as the workout portion, along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable, and extremely effective. This class is designed for any age and fitness level.

SILVER SNEAKERS CARDIO (FORMERLY SENIOR CARDIO): Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVER SNEAKERS CLASSIC (FORMERLY MUSCLE STRENGTH, RANGE OF MOTION): 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.

STUDIO CYCLE: This indoor cycling class utilizes various cycling techniques for a high intensity workout set to music designed to meet your individual fitness goals.

SUPER SENIORS: Aerobic exercise, flexibility and resistance training using weight equipment. This program will help senior members achieve strength and help aid injury prevention.

YOGA: This strength and stretch class emphasizes form and flexibility to tone your body using basic yoga moves and poses.

ZUMBA: Latin dance and fitness moves for a great cardio workout that is easy to follow for all fitness levels.

ZUMBA GOLD TONING: Easy-to-follow dance fitness program that will build muscle strength, increase bone density, decrease body fat, improve mobility, posture, coordination and cognition.

ZUMBA TONING: Latin dance & fitness moves with sculpting exercises for a total body workout.