

Group Fitness Classes

(AOA) Active Older Adults Fitness (L)-This program is designed to maintain or improve the quality of an individual's activity of daily life. It promotes and maximizes physical activity, independence and general and well-being. The class design will incorporate music with a tempo and a beat that allows strength training and cardiovascular movement fun to follow along.

(AOA) Active Older Adult Sculpting (L)- A strength training and toning workout designed to improve muscular endurance and strength with weighted props such as dumbbells, resistive bands, and more.

(AOA) Active Older Adults Reformer (L)-Introduction to the Pilates Reformers for our active seniors. Routines are based on their overall needs of strength to the core area.
.....*Paid Class**Registration Required*

Gentle Yoga (L)-This class provides slower movements with periods of rests between poses. Majority of routines are performed sitting or lying on yoga mat. Gentle yoga can be performed by people who are already quite fit, but who lack the overall flexibility to do the more intense yoga poses.

Line dancing (L)- A choreographed dance with a repeated sequence of steps in which a group can execute the steps at the same time. A fun a social way to reduce stress, lower blood pressure and cholesterol levels while increasing energy as you improve your strength and muscle tone.

SilverSneakers® (Chair) Yoga (L)-Chair based variety of safe and effective poses designed to increase flexibility and balance as it focuses on improving everyone's sense of well-being, while strengthening the body.

Walk Yourself Fit (L)-A walking program choreographed with steps using large muscle groups. This program provides you coaching for improving fundamentals exercise skills for a lifetime of walking fitness. Your results will range from increased stamina, cardiovascular endurance, agility, and strength to go about your daily activities with ease.

Drums Alive (L/M)-This is a fun and unique way to foster a healthy balance through a variety of toning and strength training exercises performed dynamically with a simple pair of drums sticks, a stability ball and great music.

Mat Pilates (L/M)-This mat-based class is a full Body conditioning program comprises of a series of approximately 500 designed movements performed on a mat and/or on specific pieces of equipment. Pilates improves strength, flexibility, balance, control of muscular symmetry.

Meditative Yoga (L/M)- Using deep breathing, this class emphasizes on timed exercises designed to strengthen core muscles and to improve balance strength and flexibility.

*Formerly Core Yoga.

Yin Yoga (L/M)- A meditative yoga that helps stretching connective tissues and joints. This mindful flow helps clear your thoughts. Useful to anyone who is looking to get into yoga, or who has been practicing yoga regularly.

Hatha Yoga (M)-Hatha Yoga is the foundation of yoga; it incorporates posture poses, regulated breathing, and relaxation. A wonderful on ramp to learn yoga poses.

Barre Above (M)-Barre classes are low impact and are conducive to all fitness levels. Barre workout involves a fusion of Yoga, Pilates, Ballet, and strength endurance training. This pattern of movement will improve strength, balance, posture, and flexibility.

Hatha Yoga (M)-The foundation of yoga; it incorporates posture poses, regulated breathing, and relaxation. A wonderful on ramp to learn yoga poses.

Pilates Reformer (M)-This class is the most popular apparatus within the Pilates Method. It was designed by Joseph Pilates and consists of a carriage that moves back and forth. The resistance is provided by the exercisers body weight and the set of springs attached to the carriage and platform. It promotes good alignment, core strength and flexibility. We

offer levels of this program to develop the Pilates skill. Reformer 1,2,3, and AOA

Reformer..... **Paid Class* *Registration Required**

Bodhi Suspension System (M/H)–This class provides you with the skills that you need to awaken your physical potential. This suspended support system creates integrated, functional, fluid movement. The 4- Point suspension includes two independent installed ropes which create an environment where balance, strength and flexibility work together...

..... **Paid Class* *Registration Required**

Les Mills BODYPUMP (M/H)-A group-based barbell class. For anyone looking to get lean, toned and fit fast. Using light to moderate weight plates and barbells. You will achieve lean muscle and build strength for all your major muscle groups with the concentration of high repetition. Body pump gives you a total body workout.

Les Mills BODYSTEP (M/H)-A mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Movements like burpees, push-ups, and weight plate exercises make this a fun and uplifting full-body workout!

Les Mills BODYCOMBAT (M/H)-A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories** in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

Les Mills CORE (M/H)-A high energy 30-minute core workout that will make you stronger at all things you do. This program is challenging but achievable for your own level of fitness. The instructor will guide you through correct technique as you work with resistant tubes, weight plates and your own body weight. You will also work hip, gluts and lower back as well as improve your functional strength for better mobility and injury prevention.

Sculpting (M/H)-A strength and toning workout for all fitness levels. This class is designed to train muscles to achieve their natural definition. This non –aerobic routine focuses on core strength and muscle toning while using weighted props.

Vinyasa Yoga (M/H)- This quick flow (moving from pose to pose) will help increase your balance and body awareness! * Prior yoga experience encouraged / mat based.

**Aromatherapy will occur at the end of class.

Zumba (M/H)-A fusion of Latin, International music and dance forms that create a dynamic, effective fitness system. The routines of dance steps are performed in fast and slow movements that specifically offer an aerobic and interval training that will shape and tone the body.

Tabata Intervals (H)- Interval training; intense exercise for 20 seconds, rest for 10 seconds, completed over 8 rounds. Each exercise given in Tabata last for 4 minutes, but it is likely to be the longest 4 minutes you ever endured! You will do pushups, squats, burpees, mountain climbers, and many others that work your large muscle groups.

Power Yoga (H)-This program focuses on strength building to sculpt and tone your muscle while using breath work through fluid movement. Points of alignment are applied through the practice as poses progress from basic to more advanced. You will experience combinations of strength training, stretching and core breathing while you gain mind/body balance.

* NOT ALL CLASSES ARE OFFERED EACH SESSION – PLEASE REFER TO THE CURRENT CLASS SCHEDULE FOR CLASS OFFERINGS*

L - Lower Intensity M – Medium Intensity H – High Intensity