

**AS ALWAYS, WORK AT YOUR OWN PACE AND ABILITIES IN ANY CLASS, USING OPTIONS WHENEVER APPROPRIATE.**

**Abs & More:** 30 minute focus on your foundation - your core. Create stability from your center then layer on mobility, strength, and power. You decide what elements you will incorporate into the moves; you'll see your progress from week to week.

**Aqua Abs & Strength:** Didn't think you could work your abs in the pool? Think again, Colby is delivering core training in the pool using a variety of techniques and equipment.

**Aqua Fitness:** A dynamic water class using different intensities to improve muscular strength, power, & endurance. This class can be challenging and could utilize aqua dumbbells, balls & noodles ending with stretching exercises.

**Aqua Kickbox :** Kickboxing combines with water to create a great workout.

**CARDIO/ STRENGTH:** A combination of cardiovascular training and muscular strength & endurance. Good for all levels of exercisers. There are lots of CARDIO/STRENGTH classes on the schedule; each teacher brings his/her own element of class content. Try them all! (ALSO CALLED **CARDIO/SCULPT**)

**CIRCUIT MASH-UP:** 30-40 minute circuit-style class utilizing multiple pieces of equipment to build strength and increase heart rate - can be as strenuous as you want to make it.

**Fire Cycle:** This 30-minute cycle class is designed to be a quick, fiery, and intense workout! A shortened warm-up and warm-down portion allows riders to maximize their time on the bike!

**FIT Happens:** Class offers a rotation between P90X, R.I.P.P.E.D., Cardio Strength & PUMP. Schedule is posted on the Group Fitness bulletin board and Facebook.

**GROUP CYCLE:** Whether you are fit or just getting started in an exercise program, cycling is an efficient, challenging, yet enjoyable way to achieve an enhanced level of fitness. This class is low impact; therefore, a safe alternative to other exercise routines.

**H.E.A.T.:** High Energy Active Training, or H.E.A.T. is a cross between a group fitness class and personal training. This is a small group of 8 or less per class with hands-on personal service from an experienced, certified trainer in our exclusive small group training room. Additional fees apply.

**H.E.A.Trx:** H.E.A.T. is once again expanding its offering with a new program focused on TRX Suspension Training. Limited to 5 participants, you are sure to get plenty of one-on-one training from a certified TRX trainer. Additional fees apply.

**la-H.E.A.T.:** This fresh new take on our small group training is a "lightened" version of the traditional H.E.A.T. class. Additional fees apply.

**Kettle Club:** This class uses kettlebells to give you quick results for strength, endurance, & muscle tone. Instructor may also utilize dumbbells, wallballs, battle ropes and other equipment. You will challenge both your muscular and cardiovascular systems with dynamic movements. Great for ALL levels of fitness!

**Kickboxing:** This class combines martial arts techniques with fast-paced cardio. You will build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun workout!

**Latin Heat:** A fun, dance-based alternative to a traditional exercise program. Latin Heat will stretch, strengthen and tone your body, mind, and spirit. ALL fitness levels are encouraged! Dress comfortably for physical activity.

**PUMP:** Barbell workout that incorporates functional strength training using weights and body weight. Add on great music to create a thrilling group fitness atmosphere.

**RESTORATIVE YOGA:** gentle stretching is used, allowing you to open your body through passive stretching usually from supine or seated yoga poses. This is a great way to end the work week and ends with a well deserved savasana.

**R.I.P.P.E.D.:** Resistance, Interval, Power, Plyometrics, Endurance, Diet. Get everything you need in one music driven boot camp type class.

**SILVER SNEAKERS@ CARDIOFIT:** Low impact aerobic & toning class based on safe progression & needs of cardiac rehab & active aging participants. Heart rates are self checked about 3 times during the class.

**SILVER SNEAKERS@ CIRCUIT:** Upper body strength work with hand held weights, elastic tubing with handles, & a ball is alternated with non-impact lower body aerobic choreography.

**SILVER SNEAKERS@ CLASSIC:** The class emphasizes movement, toning, strength, and flexibility. Most exercises are done sitting in a chair and include breathing, stretching, balance, posture, and resistance exercises.

**SH1FT/L1FT:** Smart high intensity functional training for all fitness levels. Use your bodyweight as the tool to develop speed, balance, and agility. You'll build athletic fitness as you make your way through simple progressions that work for all fitness levels.

**SILVER SNEAKERS@ YOGA:** Move your whole body through a complete series of seated and standing yoga poses.

**Smooth Moves:** This Flexible Strength class includes gentle stretch, strengthening, flexibility and stress management. May use props - bands, balls, pilates rings. Classic Yoga postures may be utilized. The combination of low-lights and jazz makes this a great start to your day!

**STEP:** A high energy class using an adjustable platform to perform combinations using arm & leg movements while stepping up & down. This class is jam-packed with choreography, athletic movements & upbeat music. Also called **Step Fitness**.

**TAI CHI:** This class will introduce you to the basics of TAI CHI, a soft martial arts class that is slow and mindful; bring strength, flexibility and balance to your life with TAI CHI.

**YOGA (SEE ALSO YOGA FLOW):** focuses on improving the mind-body connection, strength, flexibility and balance. Sequences of body postures (asanas) & breathing exercises (pranayama) create a challenging & stress relieving routine that improves the overall body conditioning & mental focus.

**ZUMBA:** A spicy combinations of Latin dance and fun music that will make you want to move! No coordination required. Come join the party!