

## Class Descriptions and Difficulty

All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest. All classes can be modified to meet the needs of the participants.

## Group Exercise Age Policy

- Must be 10+ years old to participate in select Group Exercise Classes, see specific age requirements for each class.
- Youth ages 10-15 must complete the Youth Fitness Orientation and obtain a wristband each visit.
- Youth under the age of 15 years must have a parent/guardian present in the class.



## Fitness on Demand (variety of classes offered)

**Cycling:** Get ready to focus on endurance, strength, intervals, high intensity, and recovery on our stationary exercise bicycles.

**Strength:** Build strength, get lean and toned, and develop coordination and balance.

## Full Body Cardio and Fat Burning

**BodyAttack™ (3.5):** This sports-inspired cardio workout is perfect for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. BodyAttack™ is available as either a 55, 45 or 30-minute workout. Ages 12+

**BodyPump™ (3):** This is the original barbell class that strengthens your entire body. It will challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you want! Ages 12+

**Boot Camp (3.5):** This is a total body strength and conditioning workout. The focus will be on strengthening the body's muscles with short bursts of cardio to get the heart pumping. This group class will push you to a level you might never reach on your own! Ages 12+

**Dumbbells (4):** Dumbbell training is unique because you can train both cardiovascular and anabolic systems in one go. Simply put you can increase your overall fitness and tone up your muscles. You will burn fat, tone muscle, and increase cardiovascular endurance. Ages 15+ (Age 15 must have parent/guardian present)

**Kettlebells (4):** Kettlebell training is unique because you can train both cardiovascular and anabolic systems in one go. Simply put you can increase your overall fitness and tone up your muscles. You will burn fat, tone muscle, and increase cardiovascular endurance. Ages 15+ (Age 15 must have parent/guardian present)

**Tabata (3.5):** A type of high intensity interval training (HIIT) that follows the following format- 20 seconds of high intensity exercise followed by 10 seconds of rest, repeat 8 times for a total of 4 minutes per exercise. Ages 16+

**TRX (4):** The TRX Suspension Trainer leverages gravity and your bodyweight to perform hundreds of exercises. You are in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. TRX training will build strength, flexibility, balance, and mobility all at the intensity

you choose. Participation is limited to 8 per class. Please obtain a class pass from the Welcome Center no more than 30 minutes prior to the class. Ages 15+ (Age 15 must have parent/guardian present)

**Turbo Kick® (3):** Practice your boxing punches and martial arts kicks to an aerobic pace. This class will get your heart pumping and your mind working with fun and effective choreography. Great for all levels. Ages 10+

## Zumba/Dance

**WERQ Dance (2):** It's the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps so you get the best sweat. Each week new routines are introduced so you get to WERQ the routines you know and challenge yourself with new ones. Ages 10+

**Zumba® (2):** Dance your way to a fitter you! Exciting and unique Latin choreography and rhythms are combined with hip-hop and international music to make a workout that is fun every time. If you can march, you can Zumba®! Ages 10+

## Seniors

**Lengthen & Strengthen (2):** Strengthen your muscles the eccentric way! Get a full-body workout that simultaneously stretches and strengthens the muscles, using only your body weight. Loosen connective tissue to increase flexibility and reduce stiffness. You'll leave feel energized. Participants must be able to do floor work on a mat.

**SilverSneakers® Classic (1):** 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.

**Strength II (2):** A high level class for members wanting to work on muscle endurance and core strength. This class works with a variety of resistance tools. Participants must be able to get on the floor for mat work.

## Yoga/Meditation

**BodyFlow™ (3):** This Yoga, Pilates, and Tai Chi workout leaves you feeling long, strong, centered, and calm. It's your personal time out from the stress and strains of daily life. It will truly enhance your physical and mental well-being. Ages 10+

**Compassionate Yoga (1-3):** This class is for all ages looking for a beginner or lower intensity yoga class. Focusing on mindfulness, breathing, joint flexibility, and basic yoga postures to strengthen the connection between your mind, body, and spirit. Posture modifications will be suggested for varying abilities, so if you want to do more advanced poses you are welcome to do so. Yoga can help lower anxiety, increase circulation, and strengthen muscles. Ages 10+

**Yoga Flow (3):** Yoga Flow is about connecting the mind and body through asana (pose) and breath work. Helping you become more confident, honoring yourself, your abilities, and trusting in your body. Yoga helps reduce stress, improve balance, flexibility, and builds strength. Class will have modifications for poses to deepen your practice or for you to have a gentle flow. Ending with savasana, a moment of meditating rest to let the body and mind absorb the practice. Ages 10+

## Aquatics

**Aqua Attack/CORE Combo (2.5):** An energizing, powerful, uplifting, and a fun effective way to burn calories and tone your muscles. Cardio movements will include kickboxing and other aerobic moves while emphasizing a strong focus on your core (abdominals, posture, vertebrae and buttocks).

**Aqua Blast (2.5):** A total low impact aerobic workout using shallow and deep water, abs, light strength work, and stretching. Open to all abilities.

**Aqua Burn & Tone (3):** Aerobic activities mixed with high-energy anaerobic training. Increase your metabolism, burn fat, and improve cardio respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.

**Aqua Explosion (2):** This class is a mix of water resistance exercise and range of motion practices utilizing paddles, foam dumbbells, and water noodles.

**Aqua Moves (2):** A total low impact aerobic workout using both shallow and deep water, abs, light strength work, and stretching. Open to all abilities.

**Aqua Strength (5):** This class will work your muscles with little bit of cardio.

**Aqua Stretch (1):** This class is like being stretched by an athletic trainer. Movements stretching most muscle groups will be performed using weights and noodles, helping your body stay flexible. We will be using various depths of water.

**SilverSplash® (1.5):** Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination.

**Water Moves (1.5):** The perfect combination of gentle, yet effective aerobic exercises, muscle toning, strengthening, stretching, and posture improving exercises make this the perfect workout for persons over 50. Also a great choice for persons with Arthritis, Fibromyalgia, recovering from an injury, or pregnant.

(Ages 12-14 must have an adult with them to participate, at the instructor's discretion.)