



Difficulty Ranking for all classes listed behind name. All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest.

Note: Regardless of difficulty ranking, all classes can be modified to meet the needs of the participants.

### **Class Descriptions**

**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.

**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! (Participants must be at least 15 to attend.)

**BodyStep® (3):** This energizing step workout makes you feel liberated and alive. Using a height adjustable step and simple movements on, over, and around the step you get huge motivation from great music.

**BodyStep®/Core Conditioning (3.5):** A high energy 50 minute BodyStep® class followed by 10 minutes of additional core training.

**Cardio Fit (1.5):** A "Get-up and Go" class that is easy to follow. Try this low impact aerobic class that is easy on the joints. This class includes upper and lower body strengthening, abdominal conditioning, stretching and a cool down.

**Centre Mix (2):** A balanced blend of beginning Pilates fused with Yoga based stretch elements to build core strength as it improves flexibility and maximizes relaxation.

**Fitness Yoga (2):** This non-purist yoga class is specifically designed for fitness enthusiasts of all ages and levels. We'll integrate mind and body through yoga poses for total performance with focus on strength, conditioning, and flexibility.

**Group Cycle (3.5):** This class is a fun, athletic, and effective cardiovascular workout. You'll burn a ton of calories, get lean, increase lower body strength, and improve cardiovascular endurance. Our instructors will help you monitor your heart rate so that your workout is safe and efficient. Come take a ride and you will see how cycling will pump you up!

**On the Ball (3):** Using the Resist-A-Ball® as a tool to help you strengthen and condition your entire body, this class is for all levels. Discover the fun that this effective piece of equipment can bring into your exercise program. Have a ball!

**PiYo™ (2.5):** A mainstream alternative to traditional yoga and Pilates. This format is ideal for those looking to improve flexibility, strength, balance, and core stability. Think sculpted abdominals, increased overall core strength, and greater stability. Using various staples of yoga, PiYo™ focuses on connecting mind/body through breathing in combination with dynamic movement.

**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.

**SilverSneakers® @Muscular Strength & Range Of Movement (MSROM) (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.

**SilverSneakers® @ YogaStretch (1):** YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Sweat Circuit (4.5):** A high intensity cardio circuit class that uses a variety of equipment. Participants move in timed stations to get your heart rate up and burn lots of calories! You will leave feeling exhausted and wanting more!

**Tight N' Tone (2):** Mix your cardio and muscle strength training and see the results. This class is for ALL fitness levels. We'll get your heart rate up and build your body at the same time. The primary focus will be on core and glute toning and strengthening.

**Total Core Conditioning (3.5):** Enrich your life! A unique feel good class that blends a barefoot cardio warm-up with strength and flexibility of yoga based elements and classic Pilates for ultimate core strength. This class incorporates the use of the BOSU, stability ball and other resistance tools while helping you create a more flexible, functional body through better balance, alignment and muscular strength.

**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.

**Wii® Sports (1):** Have a great time participating in Bowling, Baseball, Golf, Tennis and Boxing on the Nintendo Wii®.

**Zumba® (1):** 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®!