

CARDIO/STRENGTH EXERCISE CLASSES:

AbSolution: Concentrated abdominal & back work followed by a deep stretch.

Active Adults: A simple cardiovascular & muscle conditioning & workout. Modifications are offered.

Athletic Conditioning: Looking for a workout that is intense, fun and athletic? This 55-minute workout will boost your confidence by bringing out your inner-athlete and give you a workout like no other.

BodyFit: This action packed class will use all fitness equipment: weights, balls, steps, tubes, etc. It will certainly give you a total body workout!

Boot Camp: A back to basics, hard-core workout. No choreography involved.

Cardio Mix: This workout includes a variety of cardio options, which means less boredom! Your heart rate stays up through hi-lo aerobics, athletic drills, basic step moves, jump ropes, & Fit balls.

Circuit: Build stamina, strength & optimize cardio-respiratory fitness with alternating actions of high-intensity aerobics & resistance training.

Circuit Challenge: Athletic based circuit class aimed at building cardiovascular fitness, endurance and strength. Combines short bursts of high intensity cardio with strength exercises for the ultimate workout.

Line Dancing: Aerobic workout based on popular line dances set to a fun blend of music including country and pop. This is ideal for adults of all ages & abilities.

Dance Step Fusion: This highly choreographed step class consists of dance based aerobic moves using step & floor for varying levels of intensity. Previous step experience recommended.

F.I.T.-Functional Integrated Training: Challenge your strength, endurance, flexibility, balance & coordination with a unique blend of exercises crafted to improve the way your body handles everyday functional movement.

Kick, Pump & Crunch: Create a stronger body in this easy-to-follow, high intensity, short duration intervals combining power movement & strength.

NIA: (Neuromuscular Integrative Action) low-impact aerobic movements using dance, tai chi, martial arts & self-expression.

Power Hour: A mix of cardio and conditioning designed to strengthen, define and tone the entire body. Various types of resistance equipment will be used.

Silver Sneakers® Circuit: Increase your cardiovascular & muscular endurance power with a standing circuit workout. Upper body strength workout with hand-held weights, elastic tubing & Silver Sneakers® balls alternated with non-impact aerobic choreography. A chair is offered for support, stretching & relaxation exercises.

Silver Sneakers® MSROM: Move to the music through a variety of exercises designed to increase muscular strength, range of movement & activity for daily living. Hand-held weights, elastic tubing & Silver Sneakers® balls are offered for resistance & a chair is used for seated and/or standing support.

Step: Fresh, creative patterns layered seamlessly into familiar step choreography to make this a fun & exciting workout for all levels.

Stretch & Movement: Flexibility is important for every one of all ages & fitness levels. This 30-minute class will help increase your flexibility through basic stretching exercises.

Treadmill Training: This 45-minute workout on a treadmill is a self-paced workout that challenges your aerobic & anaerobic capacity by varying speed and incline. Requires sign-up 48 hours before class. Fitness & performance all levels. Requires sign-up 48 hours before class.

Ultimate Conditioning: High intensity conditioning class designed to define, strengthen & tone the total body using the step & various resistance tools. May include some cardiovascular training.

Weekend Works: A 90-minute class designed to cover your cardio & strength training for the whole weekend.

Zumba: This fusion dance aerobics class incorporates Latin & international music & moves creating a unique, effective & FUN cardio workout.

Zumba Gold: Zumba with all the moves but at a slower pace. All fitness levels welcome!!!

GROUP CYCLING: This indoor cycling class simulates a variety of terrain including hills, flats, sprints, interval training and aerobic base training. Requires sign-up 48 hours before class.

MIND/BODY CLASSES:

Flow Yoga: This Hatha Yoga class links physical postures of yoga together to create a strong & flowing movement focusing on strength, flexibility. Recommended for individuals who are physically conditioned &/or familiar with some yoga poses.

Gentle Hatha Yoga: This gentle class combines modified yoga poses & modern fitness movements to meet the physical challenges or limitations of individuals in a group setting embracing Western culture as well as modern day physiological principles of alignment.

Mat Pilates: The class focuses on increasing strength & awareness of the core, incorporating stability, flexibility & balance.

Mat Pilates Int./Adv: Once you have mastered Mat Pilates you will find this class to be your next step. You will move a bit more quickly & hold certain positions longer.

Pilates Yoga Fusion: This class is a creative blend of the most effective Mat Pilates & Yoga moves developed to strengthen the core & upper/ lower body. **Multi-Level Yoga:** Yoga designed for all fitness levels to help strengthen the body through poses, sequences and relaxation.

Vinyoga: Therapeutically adapted to meet individual needs & goals through flowing poses & sequences that are linked to the breath.

Yin Yoga: A deeply nourishing, complex practice of long, passively held floor poses beneficial to practitioners of all forms & styles of yoga. It is well suited to those involved in athletics as well as those with a more sedentary lifestyle. It enhances range of motion, releases deep connective tissue, opens energy meridians & promotes mental focus. The restorative poses help relieve the effects of chronic stress. Discover the serenity that results from a quiet practice.

Yoga: Yoga postures flow together to stretch, strengthen & relax the body.

WATER FITNESS CLASSES:

Aerobi-Tone: Suspension work is focus using a variety of aquatic equipment for strength & toning. Class mainly taught in shallow end but does travel to deep end for period of time.

BeachBums: Designed for adults who wish to improve cardiac fitness, flexibility & balance. Class gets progressively challenging through the week. Fridays are focused on Core strength.

Deep Seas: Full body workout using variety of equipment. Need not to be a swimmer but comfortable in deep water.

Deep Water: Highly aerobic, full-body workout using buoyancy belts to concentrate on raising the heart rate; great cardio, toning & stretching workout.

Fit 4 Two: Class geared toward pre/ post natal women using a multi-level approach to deep water exercise; total body workout in a supportive environment.

H2O Power: Great cardiovascular, strength training & stretching workout customized to fit you ~ at any level!

Power Up: Push your personal limits! Powerful shallow & deep water workout will get your body moving. Your heart will be pumping as you burn calories and build lean muscle. We will challenge and encourage you to keep moving!

Silver Splash: Class uses Silver Sneakers® kickboards & physical properties of water to help increase agility, range of motion, cardiovascular conditioning & activities of daily living (ADL).

Twinges in the Hinges: A National Arthritis Foundation aquatic program taught in conjunction with the YMCA. Its purpose is to reduce pain & stiffness while increasing range of motion in the joints & activities of daily living (ADL).

The Trainer: This is a high powered water aerobic class that will include cardiovascular, resistance training, and flexibility routines. A combination of lap swimming, vertical movement, aqua jogging, and toning exercises using all depths of the pool.

Group Exercise Class Guidelines

1. Ages 11-13 welcome with parent or guardian.
2. Ages 14 and older may attend all classes without a parent or guardian.
3. For safety and as a courtesy to other members, **once the class has started or has reached capacity, participants will not be able to enter.**
4. Participants must **sign up for all Group Cycling & Treadmill classes** due to limited equipment. Sign-up begins 48 hours prior to class.
5. Remember to bring a water bottle with you.
6. As a courtesy, we ask that you keep conversations during class to a minimum.
7. Please make sure that if you must leave early, do so quietly. Remember to cool down & stretch prior to leaving.
8. **Water Fitness recommended items** – Water gloves, water shoes & a reusable water bottle to all water fitness classes.
Water gloves are available at the Welcome Center for \$10.
9. **Cycling recommended items** – Reusable water bottle, towel, cycling shoes with clips (SPD or Look), gel seat, padded bike shorts, heart rate monitor.