



## Group Exercise Classes

**Cardio Kick**— Perform basic punches and kicks in this high-intensity, moderate to high-impact workout. Not only will it improve your balance, and cardiovascular and muscular endurance, it will help you get your aggression out after a long day!

**Cardio Sculpt**— Work every muscle group including abs in this low impact, high intensity workout! Designed for those who want to maximize their time in the gym by combining cardio activity and resistance training!

**Flirty Girl Fitness** — Flirty Girl is the ultimate sexy, fun cardio dance party! Moves are incorporated into fat burning, super-fun, easy-to-follow routines that will leave you feeling fit and fabulous.

**Guts n' Butts**—Who doesn't want to work these areas?? Improve your core strength and shape your lower body in only 30 minutes!

**Hip Hop Cardio** — Get fit with the latest dance moves set to the hottest music. This high-energy dance workout will make you sweat while learning fun dance combinations. All levels welcome!

**Indoor Cycling** — Burn hundreds of calories without the impact! Designed to leave you drenched in sweat, this class will increase your speed, muscular endurance and cardiovascular efficiency. Bike reservation at the front desk required.

**Kickboxing** — A fun, motivating, and challenging class! This class is an aggressive workout for the lower body which focuses heavily on technique and execution of various kickboxing combinations.

**Low Impact**—Have knee or ankle issues and can't jump? Is your cardiovascular capability not yet ready for the high intensity classes? Then Low Impact is just right for you!

**Muscle Works** — This is an intense complete body workout designed to strengthen your entire body with the use of free weights, bands and stability balls. It's also great for improving your endurance and increasing your bone density.

**Pilates**— Pilates is a specific series of controlled movements used to engage and strengthen your body's core area. Strengthens deep abdominals, improves posture, co-ordination, flexibility and deep body awareness. All levels welcome.

**Ringside**— Ringside is a great cardio class involving heavy bags and boxing gloves. You will learn bag skills and improve your agility, strength, balance & cardiovascular system. Class size is limited.

**SilverSneakers®**- Designed exclusively for older adults who want to improve their physical condition. Exercises address strength, flexibility, muscular endurance, balance, coordination, agility, speed and power.

**Silver Sneakers Yoga** — Geared toward our senior population, it focuses on improving strength and includes deep breathing, improving posture, balance, and flexibility. Poses are modified to include the use of a chair.

**Stability Ball** — The strength-training exercises done with the exercise ball resemble normal exercises; however the stability ball allows you to build up your primary muscles while maintaining proper body mechanics.

**Step It Up**— This moderate to high intensity cardiovascular training class uses a step platform to perform aerobic movements. Your coordination, balance, and endurance will all improve when you do this exciting class!

**Ultimate Bootcamp**— This is a total-body workout! Cardiovascular endurance, muscular endurance, strength, flexibility, and balance are all challenged in a fun group setting! Incorporates sports conditioning with plyometrics, speed & agility drills.

**Yoga I/II**— These awesome classes for the beginner (I), as well as the more experienced student (II). The classes focus on both breathing and proper alignment. You will build strength, while improving range of motion and balance. You will flow through a series of salutations for a great cardio workout, and finish with a final relaxation and meditation.

**Zumba** — The routines feature fast and slow rhythms to burn maximum calories and have fun while doing it. Add some Latin flavor and international zest into the mix and you've got ZUMBA!

**Zumba Gold** — Emphasizing the basics of Zumba, this safe and effective Zumba workout is for the de-conditioned adult or active older adult.

**Zumba Toning** — This amazing class combines the energy and music of Zumba with no-impact rhythmic toning exercises done with light weights. Works specific muscle groups to the beat of Latin music specially designed for the routines.

**Zumba Gold Toning** — This class combines the international rhythms of the Zumba Gold program with the strength-training techniques of the Zumba Toning program for the active older adult as well as beginners.

