

## Group Fitness Class Descriptions~2022

- **Barre** – Barre is a full body muscle endurance workout inspired by ballet. Muscle groups in your arms, legs, glutes and core are fatigued by small targeted movements, high repetitions, and light weight resistance.
- **Cardio/Core/Stretch** – Join us for a combination of balance, stability & core work with cardio segments rounded out by great stretching. This class is suited for all ages and levels.
- **Cardio Strength** – This format combines cardio, strength training, and core strengthening using a variety of equipment. Get it all in this great format!
- **Cycling** – This class will give you the new dimension of cardiovascular fitness that you are looking for. Drills, imagery, and music will help motivate you through intervals, speed play and hills.
- **Dance Fusion** – Dancing is a full body workout that's fun. Mix in some strength training and you have Dance Fusion. It's great for your heart, it makes you stronger, and it can help with balance & coordination.
- **Forever Fit & Silver Sneakers Classic** – Have fun and move to the music through a variety of exercises designed to increase muscular strength for daily living. A chair is used for seated and/or standing support.
- **Gentle Fitness** – Gentle fitness is designed for beginners, participants with chronic conditions and participant with rehabilitation needs. The class will include strength training, range of motion, balance and education.
- **Kickboxing** – This class is designed to tone the body and improve cardiovascular fitness using kickboxing training techniques and principles.
- **Muscle Madness** – Weight training workout that strengthens, tones, and defines every muscle in your body using a variety of equipment.
- **PiYo** – This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga. We crank up the speed to deliver a true fat burning, low impact workout that leaves your body looking long, lean and incredibly defined.
- **Reb31 Groove/Strength** – This fun workout fuses choreography, powerful music & strength work resulting in a high intensity, energetic, boot camp style dance fitness.

- **Silver Sneakers Cardio** – Get up and go with an aerobics class that is safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low impact movements, strength, abdominal conditioning, stretching & relaxation exercises.
- **Simply Stretch** – Stretching is one of the best ways to keep your muscles healthy. Regular stretching will strengthen your muscles and increase your flexibility. The more flexible you are, the better it is for your joints. Add this 30 minute class to your workout routine for muscle and joint health.
- **Splash** – An aqua class designed to incorporate aqua weights and the resistance of the water to get a powerful aerobic and strength workout.
- **Sprint Cycle**-A high intensity workout designed on an indoor bike that will smash your fitness goals, fast. The 30 minutes you put into this workout drives your body to burn calories for hours. You'll combine bursts of intensity working as hard as possible with periods of rest to prepare you for the next effort. You're hard work & motivation will push your physical & mental limits. Great stretching segment will follow your 30 minutes of Sprint!
- **Step** – This class will expand your stepping skills through fun choreography & combinations.
- **Stretched and Balanced** -Rejuvenate your body with this active stretch class. Improve your flexibility and lengthen tight muscles with a variety of effective exercises.
- **Yoga** – This class incorporates the many asanas/postures in Yoga & breathing techniques. Yoga helps to improve posture, strength, flexibility & mindfulness. Modifications are provided throughout to ensure everyone's needs are met.
- **Yoga Sculpt** – A total body workout that combines yoga & strength training to tone, sculpt and lengthen every muscle. Small 3, 5 or 8 lb weights are used in this easy to follow class.