

# CLASS DESCRIPTIONS

## AQUA

**Aqua Pool Fitness/Party in the Pool** — Total body and non-impact. Cardiovascular, strength, & flexibility exercises, great for rehab or a killer workout. Beginner welcome, all levels.

**Aqua Social:** Choreograph your own workout in the small pool. It's a time to mix & mingle with other aqua fit enthusiast, while enjoying upbeat music; aqua fitness equipment will be available.

## CARDIO

**Cardio Sculpt:** Strength training routines while working on your cardiovascular system, the best of both worlds! Level II-III

**Dance Fusion:** A mixed format dance party! This class combines the latest moves from KPOP, Latin flair, Bollywood, Afrobeats and a splash of TikTok music!

**Cycle/Sunrise Cycle:** A cardiovascular class simulating an outdoor ride; endurance, strength, aerobic, and anaerobic intervals will be the focus of this class. All levels.

**HIIT:** High Intensity Interval Training involving a series of low to high intensity periods of exercises. Burn calories, improve cardiovascular endurance, build strength. Level II-III.

**Kickbox Conditioning:** Release that inner warrior and lock-in a full-body workout. This class is a blend of cardio kickboxing and athletic drills. This is a high intensity knockout workout! Level II-III.

**UJAM®:** Funky world beats + easy-to-follow choreo + a house party = U-Jam Fitness. Whether at home, outdoors or inside the gyms, U-Jam always brings the party you with a fully body, athletic workout. Come get your Jam on!

**Mixed Fit®:** A people-inspired fitness program that combines explosive dance movements with bodyweight toning. Get ready to sweat & have fun. All levels welcome.

**Zumba®:** Zumba classes are interval-style dance fitness classes that are fun, energetic, and make you feel amazing. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Perfect For Everybody and every body! Each Zumba® class is designed to bring people together to get their sweat on with a smile.

## MIND BODY

**Aligned Vinyasa:** A unique Yoga class that focuses on strength while learning and practicing meticulous alignment. The class cueing and pose modifications will encourage a safe and healthy workout for each participant. All levels.

**'Cup of Jo' Yoga:** Put down your coffee cup and grab your mat for this challenging but satisfying yoga workout. Intermediate to advance (II/III) levels welcome.

**Gentle Yoga:** A slow, low intensity Yoga class which focuses on basic Yoga techniques and poses. Beginners welcome, all levels.

**Mat Pilates:** Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. All levels.

**Hatha Yoga & Meditation:** Blend asanas (poses) with deep breathing techniques for a mind-body connection. Increase strength, flexibility; improve posture and relaxation. This class concludes with 15 minutes of meditation to develop concentration, eliminate stress, and cultivate inner stillness. All levels.

**Slow Flow Yoga:** A low-impact , yoga practice designed to release stress at the end of the workday. This type of Yoga is actually a combination of a modified Vinyasa Flow and Hatha Yoga

**Vinyasa Yoga:** dynamic yoga practice that links body movements to breathe. Class will move in a continuous, dance-like flow, and you will breathe, sweat, and relax! All levels.

**Yin Yoga:** This Yoga practice consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine. The poses are held for up to five minutes, sometimes longer. All levels.

**Yoga Flow:** Great for beginners, this Hatha yoga class set to a slower pace will combine a flow technique with deep breathing exercises that will improve the mind-body connection. All levels.

**Yoga Strength & Flexibility:** Mindfully build strength and flexibility for your Yoga practice. Explore range of motion, muscle tone and body awareness. Yoga props may be used. All levels.

## STRENGTH

**BARRE Fusion/Barre 30:** A full body workout, fusing ballet barre, cardio, Pilates, yoga, and core conditioning. Strengthen the core and improve flexibility. All levels.

**Body Sculpt:** Tone and strengthen your muscles using dumbbells, BodyBars, resistance bands, steps, balls, and more! A variety of strength exercises using many modalities. All levels.

**Body Conditioning:** Tone and strengthen your muscles using a combination of dumbbells and/or body weight. Learn proper form and execution of many different exercises emphasizing strength and flexibility. All levels.

**Blast on the Deck:** Strengthen major muscle groups with body-weight exercises and utilize a variety of exercise equipment such as dumbbells and resistance bands to target the major muscle groups. Build muscular endurance, balance and core stability with a variety of exercises! All levels.

**Core Blast:** Improve core strength, stabilization, range of motion, while reducing muscle tightness in this total body workout. All levels.

**Core Strength 30** Build strength, stability and endurance in the muscles that support your core while improving balance and assist in injury prevention. Challenging but achievable for all fitness levels.

**Gentle Conditioning** A great class for everyone and a wonderful start for any beginner. This workout uses bands, steps, weights and balls to achieve total body conditioning. Finish the workout with a relaxing stretch.

**Pilates Sculpt:** Pilates-based strength training techniques utilizing small equipment to challenge balance and core strength. All levels.

**Balance & Power:** Ideal for older adults, those with physical limitations, and those new to fitness training who wish to increase their range of motion via functional movement, balance, agility and power.

**Strength Conditioning** - This full-body barbell and hand weight workout will burn calories, shape and tone your entire body, increase core strength and overall improve your fitness level. The class will focus on moderate weights for resistance, and high repetitions to sculpt the muscles. It is appropriate for all fitness levels, and is a total body workout.

**Zumba Gold®** Designed for the active older adult, looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The choreography is focused on balance, range of motion and coordination.

**Zumba STRONG 30®** - A high-energy HIIT-style class specifically designed for exercisers looking for a more challenging workout.