

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 enthusiasts, while enjoying upbeat music; aqua fitness equipment will be available.

Aqua Strength & Fitness: A moderate-level cardio aqua fitness class. Focuses on increasing heart rate and total body conditioning. A fun, joint-friendly exercise!

Aqua Fit: This low-impact is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and flotation belts.

CARDIO

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!

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

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 everybody! Each Zumba® class is designed to bring people together to get their sweat on with a smile.

LaBlast®: Fitness, created by Emmy-nominated choreographer & DWTS pro, Louis van Amstel, is a dance fitness program based on all of the ballroom dances you see on Dancing with the Stars. It is partner-free, includes all components of fitness, and uses music from every era

This is Dance: Experience the fun, agility, flexibility, tone and strength of a dancer. Glide, turn, kick and fly to a variety of dance styles and music from Broadway, Jazz, Funk, Contemporary and beyond. A workout and dance party at the same time....This is Dance!

Cardio Dance: Cardio Dance is an exhilarating cardio class to radio hits (pop, club, hip hop) that uses music & easy-to-follow moves combining fast & slow rhythms (interval training) to tone & sculpt your body while burning fat.

MIND BODY

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

Total Body: Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. 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.

Power Flow: Power Flow is a powerful, energetic form where students fluidly move from one pose to the next while connecting their breathing to their movement.

Stretch and Restore: is a slower paced yoga class designed to focus on extension, flexibility, balance, breath, post-workout recovery, and relaxation. Scheduled on Fridays for maximum recharging benefits.

Yoga Foundation: Yoga Foundation is a Yoga Therapy and Yoga Teacher Training center specializing in individually-designed Yoga practices and in-depth Yoga Philosophy and Vedic Chanting studies.

Heathy Back: Want to restore flexibility, strength, and overall range of motion of the spine? Through proper stretching and strengthening of key muscles of the spine, learning proper body biomechanics, and sleeping postures, you can relieve spinal discomfort and protect your spine from future injuries. Exercises are gentle, effective, and use only your own body weight.

This class is fun and easy!

STRENGTH

BARRE 30: A full body workout, fusing ballet barre, cardio, Pilates, and core conditioning. You may utilize small equipment such as light weights or bands. Strengthen the core and improve flexibility. All levels.

Bootcamp 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.

Balance & Power: Designed for your less active member to help maintain or increase the ability to perform their activities of daily living.

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

TRX Circuit 30- This class will guide you through energetic and quick flowing sequences, with a dynamic mix of postures. It will allow you to release stress, while still building strength and gaining flexibility. All levels welcome, as modifications are always offered!

Tabata: training breaks a workout down into clearly defined intervals – typically, 20 seconds of a push-it-to-the-limit exercise followed by 10 seconds of rest. "It will jump your heart rate up pretty quickly," notes Lawton. eight consecutive work-and-relax cycles go into a 4-minute round in Tabata

Zumba® Toning: Perfect For. Those who want to party but put extra emphasis on toning and sculpting to define those muscles! How It Works. The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Benefits.

TRX : This class will guide you through energetic and quick flowing sequences, with a dynamic mix of postures. It will allow you to release stress, while still building strength and gaining flexibility. All levels welcome, as modifications are always offered!

Power Fitness: Strength Flow is a class for all looking to develop general strength/fitness, balance, movement health, mobility, and endurance. Every class offers a great sweat, stretch, and pump through a fun and upbeat environment. All skill/fitness levels are highly encouraged to join. Participants will be lead through strength exercises, movement skill-progressions, and cardio "bursts" for the 50 minute

Legs, Bums, and Tums: 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.