**AQUA**

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

**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.

**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**

**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!

**HIIT**: High Intensity Interval Training involving a series of low to high intensity periods of exercises. Burn calories, improve cardiovascular endurance, and build strength. All levels.

**Jet Fit**: Challenge yourself with a full body workout while learning self defense! No contact; all levels welcome.

**Kickbox Conditioning**: Jab! Hook! Roundhouse! Aerobic and anaerobic kickboxing drills with a cardio-choreographed format. Quick movements and high repetition challenge your heart rate while toning muscles. Level II-III

**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 gym, U-Jam always brings the party you with a fully body, athletic workout. Come get your Jam on!

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

**BollyX**: combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, & motivated.

**MIND BODY**

**Aligned Vinyasa**: 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 welcome.

**Gentle Yoga**: A slow, low intensity Yoga class which focuses and 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

**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.

**Hatha Yoga**: will typically involve a set of physical postures and breathing techniques, practiced more slowly and with more static posture holds than perhaps a Vinyasa flow or Ashtanga class.

**Slow Flow Yoga**: End the workday with a sunset yoga designed to relax and restore you! Beginners welcome.

**Vinyasa Yoga**: a 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!

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

**Yoga Strength & Flexibility**: A 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.

**Yoga Qi – Yoga-Qi**: Combines strength and flexibility postures of hatha yoga, stimulating kundalini-style breathwork, and subtle energy management of qi-gong to vitalize the body and mind. All levels welcome.

**STRENGTH**

**BARRE Fusion**: 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.

**Body Sculpt**: Body Sculpt: Endurance cardiovascular training involving a series of low to high intensity periods of exercises. Focuses mostly on strength training

**Bootcamp on the Deck**: Strength 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.

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

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

**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.

**Legs, Bums, and Tums**: Strength 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.

**Strength, Cardio, Stretch**: A full body workout divided into 10 minutes of aerobic movements, 20 minutes of body weight strength exercises and 20 minutes of Yoga stretches. All levels.