**CARDIO**

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

**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!

**DanceMix** - DanceMix is a combination of U-Jam Fitness, Zumba, GROOV3, LaBlast, and Yuko's own choreography to pop songs

**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.

**Jiu-Jitsu Fit** - No-Gi, solo drills, short burst cardio-interval training emphasizing street smart Brazilian Jiu-Jitsu self-defense techniques in a drills sequence. Designed to reinforce muscle memory for self defense situational readiness.

**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

**U-JAM/MIXXEDFIT** - A people-inspired fitness program mixing explosive dance movements with boot camp toning. We dance to our favorite songs on the radio.

**Spin/Cycle**:

**Strength & Spin** - A fusion class to combine intense cardiovascular training on the bike plus off the bike resistance work to create a stronger, more balanced body

**Zumba**- Interval-style dance fitness class designed to be fun, energetic, and make you feel amazing. Suitable for all levels, and everyone is welcome! Let's DANCE!

**Body Weight Burn** - A 50-minute bodyweight-only workout! Guaranteed to keep your heart rate up and your body moving. Class incorporates a 10 minute active warmup, 20 minute “Bodyweight Burn” HIIT workout, 10-minute of core/abs, and a cooldown. Class exercises will include modifications to keep the workout accessible for all fitness levels!

**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 workshop with a sunset yoga designed to relax and restore you! Beginners welcome.

**Slow Flow & Restore**: An excellent way to end the day with a gentle flow practice to connect with our breath, body, and mind. You will feel relaxed and restored after the class

**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 sequence of carefully selected yoga poses that 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.

**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

**Body Conditioning** - An optimal full body workout with focus on developing strength and muscular endurance, utilizing dumbbells or simple household items. The class uses intervals and continuous periods of work.

**Bootcamp/Blaze 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.

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

**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.

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

**Strength Conditioning - 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.

**Tabata**: Tabata is an interval training method where you work at a very high intensity for 20 seconds, followed by 10 seconds of rest. This is repeated 8 times, for a total of 4 minutes. Tabata will burn calories and improve cardiovascular endurance.

**TRX Suspension Fitness on the Deck** - 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 building strength and flexibility.