

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 all levels welcome.

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 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

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.

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

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

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 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

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.

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 technique with deep breathing exercises 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.

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/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.

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: 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.

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.