

# 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

**Cycle Beats:** A music based ride where the speed of your pedal strokes and resistance are entirely dedicated to the beat of the music. Using RPMs to control your resistance, and drills to beats per minute. A great workout for all levels.

**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

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

**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!

**Zumba®: Gold:** Brings the fun moves and great music that you love in a lower impact, modifiable style. Suitable for all levels, and everyone is welcome! Let's DANCE!

## 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.

**Core Flow Yoga:** A yoga flow class that blends mindful movements with breath with a focus on building strength, core stabilization and balance.

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

**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.

**Healthy 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.

**Total Body Pilates/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.

**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 Fit & Fun** -This class will bring you home to some of the deep fundamentals of yoga, playfully challenge you to greater fitness, and leave you refreshed and bright for the week ahead. Do something nice for yourself - come on out!

**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.

**Strength Express 30:** Tone and strengthen your muscles using your body weight in just 30 minutes. Learn proper form and execution of many different exercises emphasizing strength and flexibility. 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.

**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.