

# 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.

**Aqua Zumba:** Come join the pool party with Aqua Zumba! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates a natural resistance, which makes every step is more challenging and helps tone your muscles.

## **CARDIO**

**BollyX:** Unleash your inner Rockstar. Experience a Bollywood inspired dance fitness program that combines exhilarating choreo and calorie-burning workout with upbeat music. All levels welcome.

**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.

**Cardio Step:** You step up, around, and down from the platform in different patterns to boost your heart rate, breathing and strengthening your muscles. Steps move in range from simple to advanced. The upbeat music keeps you going.

**HIT** - 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.

**Line Dancing:** Choreographed dance performed in lines or rows characterized by a repeating sequence of steps to various music.

**Kickbox** - 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 = UJAM Fitness. Whether at home, outdoors or inside the gyms, UJAM always brings the party with a full body, athletic workout. Come get your jam on.

**MIXEDFIT** - A people-inspired program that combines explosive dance movements with bodyweight toning.

**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.

**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.

**Roll & Release** - Slow-paced class based on the principles of yoga, tai chi and ballet. Guided by music this will help you move with less effort, more harmonious and effectiveness. All are welcome.

**Mindful Movement** A restorative class using foam rollers and other release tools to ease tension and improve mobility. Melt away soreness, boost recovery, and leave you feeling lighter and refreshed. All are welcome.

**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 Flow/Restorative Yoga** - 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 & Meditation** - Mindful yoga practice with special attention to breath, including asana (postures), pranayama (breath work) and meditation, aiming for a stable and flexible body and a peaceful mind. All levels welcome.

**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**

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

**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 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.

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

**Bootcamp:** 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.

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

**Core Express** – 25 min of core strength. All levels.

**Functional Stretch** - designed to focus on extension, flexibility, balance, breath, post-workout recovery, and relaxation. All levels

**Gentle Conditioning** A great class for everyone and a wonderful start for the beginner. The workout uses bands, steps, weights and balls to achieve total body conditioning. Finish the workout with a relaxing stretch

**Mobility Training** - Mobility training focuses on enhancing functional movement, increasing range of motion, and improving joint health through exercises that blend mobility techniques, strength training, and mindful movement. These classes aim to reduce injury risk, increase power and control, and help participants move with greater ease and efficiency.

**Roll and Release** - A restorative class using foam rollers and other release tools to ease tension and improve mobility. Melt away soreness, boost recovery, and leave you feeling lighter and refreshed. All are welcome.

**Simply Strength:** 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.

**Total Body Circuit:** A 45 minute workout a workout that involves rotating through various exercises with different equipment targeting each part of the body. Focusing on both cardio and strength.