

## **Fitness Class Descriptions**

### **Stretch/Recovery Classes**

**Yoga:** Designed to increase flexibility, strength and balance while improving posture, coordination and focus.

**Mat Pilates:** Increase core strength, improve posture, flexibility; and mobility. No past class experience needed.

**Mindful Movement:** Breathing, stretching, pelvic floor, lymphatic drainage and movements to work muscles and spirit. Designed to ground you into the present moment.

**BODY BALANCE:** Les Mills – this class is a series of simple yoga moves, elements of Tai Chi and Pilates choreographed to inspiring music.

### **Cardio/Strength Classes**

**BODYPUMP™:** Les Mills - This is the original barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

**BODYCOMBAT™:** Les Mills – This is a high-energy martial arts-inspired workout that is totally non-combat. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**Cardio Fit:** This class will have you move to energizing music with an exciting mix of dance moves & dynamic cardio. Low Impact/moderate intensity bursts – you choose! Perfect for all fitness levels.

**Full Body Circuit:** This fast paced class keeps your heart rate up and challenges your endurance, strength and stability. Circuit style stations of cardio training.

**Cycling:** The latest in cross training, cycling is an instructor-led program and is appropriate for beginners as well as avid cyclists. It's a high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!

**SOULfusion:** A creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music.

**SOULstrength:** A total body workout using rhythmic resistance, cardio conditioning, mobility training and core exercise. It's strength training to the beat of the music.

**Step Class:** Step Class is a fun, low-to-moderate intensity group fitness class that uses a raised step platform to deliver an effective cardio workout. Participants move through step patterns and simple choreography designed to improve cardiovascular endurance, coordination, and lower-body strength. This class is welcoming for all fitness levels, with options provided to modify intensity.

**Barre Sculpt:** A ballet, Pilates, yoga inspired workout focusing on defining, tightening and aligning the body. With added short burst of cardio and light weights, it's a perfect workout for all ages and levels.

**Zumba:** Latin-inspired dance fitness class. Zumba is fun, different, easy and effective.

**Zumba Toning:** Same fun dance as above, with light weights for an added element for toning.

**Pickle ball Workshop:** A paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels.

**Power Sculpt:** This multi-level class is a full body strength training and cardio burst. Using a variety of equipment these exercises will increase strength, muscular and cardiovascular endurance.

**Y-Strength:** This class is held in the outdoor functional fitness area and offers multiple exercise modalities to give you a versatile experience and introduce you to a variety of equipment. It aims to build strength and muscular endurance.

### **Beginner/Active Older Adult Classes**

**Strength & Balance:** Strengthen your muscles and maintain stability with core and balance exercises created to enhance your quality of life.

**Fit Foundations:** This low impact class focuses on improving cardiovascular health, strength, balance and coordination. Includes seated and standing exercises with easy to follow moves and upbeat music.

**Switch Up Classes : Saturdays at 8am and 9am**

This class has rotating instructors with a different format each week.