

AEROBIC CLASSES

Barre Barre class is designed to effectively strengthen tone and balance the entire body. Workouts integrate the use of the ballet barre (chair), light weights and various props. Focus is on form and precision while performing small isometric movements. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs.

Cardio Kickboxing Punch and kick your way through 50 minutes of non-stop, high energy kickboxing combinations combined with agility drills and core work for an intense total body workout.

CoreStrong An all-inclusive dynamic and multifaceted class designed to improve your overall fitness level. This includes strength, flexibility and balance. More than just another ab workout, Corestrong is about training the abs, back, hips, and glutes!

HardCORE Want to take your workout to the next level? This class is a fusion of high intensity strength, cardiovascular conditioning and core training. A variety of exercises in short intervals will be used to increase your resting metabolic rate. In simple terms, you will burn a ton of calories, get stronger, and leaner. This is a High Intensity Class!

Lean & Strong A fusion of weights and resistance bands, along with heart pumping cardio to build lean strong muscles and burn fat! This class will burn calories long after the music stops!

Metabolic Inferno Increase your calorie burn long after the class with a mix of cardio intervals and weights!

STRONG by Zumba® Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been designed to match every single move. SBZ is a high impact, high intensity class that involves some jumping and getting up and down off the floor. You will burn calories while toning arms, legs, abs and glutes

Total Body Fitness Strengthen tone and sculpt your entire body! Weights, bands and balls will be used for the interval training along with a mix of cardio intervals. This is a High Intensity Program!

Triple Threat Each class focuses on three key regions of the body to strengthen and tone multiple muscles. A mix of strength moves using weights, bands and steps will help you achieve results quickly while focusing on key areas.

Wake Up Workout Get your day started with a wonderful mix of total body cardio and strength training. Look forward to weekly variations of exercise modalities from our highly energetic and skilled instructors! A thorough stretch will conclude each class, and with modifications demonstrated this class is for everyone!

Yoga-Flow This class is designed to flow through the foundations of yoga postures, alignment, breathing, and technique. Classes build heat, endurance, flexibility, and strength in a supportive environment, encouraging the link between mindful body movement and breath. All levels welcome. Modifications are available for both beginners and more advanced participants.

Yoga-Gentle Escape from your day and enjoy the tranquility of Gentle Yoga. Classes blend stretching, gentle movement and restorative poses with a focus on relaxing into the deepest layers of the body. All levels welcome. No experience needed. Just come wearing something comfortable and enjoy the benefits of letting go.

Zumba® Fitness A fusion of Latin and International music/dance themes with peppy music that create dynamic and exciting workouts that anyone can do!

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove.

SENIOR AEROBICS

Senior Aerobics Fit A similar format to Senior Aerobics Mix. Includes non-impact to low impact aerobics, strength training and balance geared towards those who do not need support from a chair. *Intermediate to Advanced fitness level required. No chairs used during this class.

Senior Aerobics Mix A fun mix of choreographed, non-impact, and toning exercises geared for the more mobile, active, older adult. *Intermediate fitness level or higher; chairs are optional, you will set up a chair but it's up to you if you wish to use it.

SilverSneakers Classic Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a ball. A chair is used for seated exercises or standing support.

SilverSneakers Circuit Standing low-impact moves that alternate with standing upper-body strength. The class can be adapted for all fitness levels. A chair can be used for seated exercises or standing support.

Chair Yoga A unique yoga style that adapts positions and poses through creative use of a chair. Some areas to be covered include: breathing exercises, basic poses, use of supports, meditation and relaxation. *Suitable for all ages and fitness levels.

Senior Fitness This easy-to-follow workout designed for seniors starts with a light warm up and progresses to a workout that will increase your energy and stamina. The use of lightweight dumbbells as well as balls, and bands will help to improve muscle strength and bone density.

HOLIDAY CLASSES Price: \$5 Pass Holders/\$13 Non pass holders. Registration Required

Burn Before the Bird *Wednesday, 11/27* Burn off extra calories before the biggest meal of the year!! Boot camp style class suitable for all levels of fitness in celebration of giving thanks!! Challenge yourself while having fun and burning mega calories!! **Instructor Michelle**
11/27 5:15 PM-6:15 PM
Program #: 415404.01

Extreme Eves Holiday Boot Camp Get a great workout in before you start celebrating. This class will get your heart pumping and your muscles screaming! A variety of exercises will be used to burn fat, build muscle, increase endurance, and push you to the limit! **Must register in advance!**
Trainer: Ed
12/24 7:30 AM-8:25 AM
Program #: 415402.04
12/31 7:30 AM-8:25 AM
Program #: 415402.05

12 Days of Christmas *Monday, 12/23* Just like the twelve days of Christmas, this workout is completed in ascending order adding one exercise per round for a total of twelve rounds!! A combination of high power cardio and strength training moves to offer a total body burn!! **Must register in advance!** **Instructor Michelle**
12/23 10:00 AM-11:00 AM
Program #: 415404.02
12/23 6:00 PM-7:00 PM
Program #: 415404.03