



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Group Exercise Descriptions

**Abdominal Express** 30 minute abdominal workout to train and strengthen core muscles.

**Abs/Upper Body** 15 minute training to strengthen abs/upper body to compliment lower body workout.

**AF Arthritis Foundation SUN Tai Chi** Simplified 12 forms of ancient Chinese poses that promote balance, strength and flexibility.

**Body Sculpt** Muscular strength and endurance using added resistance such as weights, balls or bands. Flexibility stretches included.

**Boot Camp** Challenging calorie burning cardio workout using agility movements and body weight. Geared to those members who want an intense workout.

**Cardio KickBox** High-energy instructional class using Karate and Boxing techniques.

**Core & More** Designed to improve the core muscles, balance strength and flexibility of the body. Incorporates yoga, pilates, stability ball and resistance band training.

**CorePole** Uses resistance bands clipped to upright pole to work upper and lower body with variety of exercise drills.

**Dance `n Stretch** Dance class format which combines selected movements of yoga, tai chi and dance for cardiovascular workout at any level.

**Deep Water** Aerobics done in the deep end of the pool. Flotation devices used. Water resistance offers the best way to increase fitness with least amount of impact.

**Easy Does It** Designed for beginners to provide gentle, non-impact movements. Water exercises pool increase joint flexibility, range of motion and maintain muscular strength. Done in shallow end of the pool.

**Fitness Fusion** Fun functional blend of low impact aerobics and weight bearing exercises. Focused on increasing core strength and stability, balance and flexibility and revving up your metabolism.

**Group Cycle** Group indoor cycling using special bikes for a non-impact workout. Bike shorts recommended for comfort. Bring towel and water bottle. Heart Rate monitors recommended but not required.

**Hip Hop Hustle** High energy dance moves choreographed in easy to follow steps.

**Hoops & Abs** Designed to use hula hoops to strengthen core muscles as you move to rhythmic music.

**Interval Training** Working all major muscle groups using a variety of equipment while integrating short bursts of cardio training.

**Pilates** Strengthen and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape.

**Senior Strength** Can be done seated or standing. Uses light dumbbells and resistance bands to help increase muscular strength.

**Senior Stretch & Tone** Can be done seated or standing. Basic stretching and toning exercises for any fitness level.

**Shallow Water** Aerobics using the resistance of water in the pool. Muscular strength, endurance and flexibility segment follow aerobic portion.

**Step** Low impact aerobic moves keeping one foot on the floor at all times. Muscular strength, endurance and flexibility segment follow aerobic portion.

**Stretch & Strength** Tone muscles, increase flexibility and improve coordination. Low impact, non-cardiovascular strength and stretches using bands and balls.

**Tai Chi** Learn the ancient art of balance and coordination to improve overall fitness

**TurboKick** Cardio kickboxing class that combines fusion of hip hop and kickboxing choreography.

**Water Circuit** Workout in pool using stations to increase strength and cardiovascular health.

**Yoga** Postures combined with breathing techniques to increase flexibility, range of motion and improve muscle tone while decreasing stress. Classes include:

**Beginner Yoga & Gentle Yoga** Easy stretching and introduction to basic poses

**Beginner/Intermediate Yoga** Introduction to flowing sequence of postures and continued practice of basic poses.

**Fitness Yoga** Modern approach to yoga poses emphasizing a cardiovascular health and strengthening poses

**Intermediate Yoga** Challenging class for the experienced. Fast pace and advanced poses.

**willPower and Grace** A high-energy workout done in bare feet. A fusion of Pilates and Yoga poses and drills combined with a cardio segment.

**Zumba!** A Latin-inspired, low-impact/cardio class with easy to follow steps.