



## **Group Exercise Class Descriptions**

**\*\*Please bring a mat to class\*\***

**Aqua - Fun, total body routine promoting calorie burning, muscular strength and endurance, balance and coordination utilizing shallow and deep water, for all fitness levels.**

**Barre - A gentle class focusing on lower body toning. Advanced participants should bring ankle weights for a more intense session.**

**Barre Fusion - This workout combines several disciplines to deliver a total body fitness experience to sculpt lean muscles and improve overall physique.. High energy movements combined with targeted muscle engagement will strengthen and define every inch of your body.**

**Cardio Step- This fast paced, easy to follow step class burns calories and increases cardiovascular endurance. Enjoy it as your straight up cardio or as a prelude to your weight workout!**

**Jump & Pump - safe and truly effective jumps are performed for maximum calorie burn and undeniable fitness gains. Weighted bar exercises are incorporated to create the ultimate total body workout.**

**Lean Physique - This class will improve your fitness level with intervals of cardio and weights.**

**Power Strike - Top notch kickboxing on the heavy bag. Punch and kick the stress away as you trim your waistline and burn mega calories. Please bring your heavy bag gloves to class.**

**Pump it Up - This class includes upper body strength moves with dumbbells intervalled with your choice of jumping or no-impact leg work for your lower body sculpting.**

**Silver Sneakers - This class is a fitness program designed for the 65 and older group-with activities ranging from semi sedentary to active.**

**Spin - This calorie-blasting indoor cycling class takes you through a variety of drills, including endurance, climbs and sprints for an effective cardio session with great music to keep the atmosphere fun and energetic.**

**Step Boxing - Burn calories and sculpt lean muscles in this class where boxing is infused with step aerobics!**

**Stretch and Wellness- total body flexibility and stretch, great for post workout or on its own!**

**Total Body Strong - Straight up strength training for a strong body and a healthy metabolism.**

**Yoga - This dynamic flow class will move you through a variety of poses at your individual level while building strength, endurance and balance. All levels welcome.**

**Zumba - a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.**