

BODY SCULPT/CARDIO SCULPT This toning class can combine exercises with weights, balls, pilates & yoga elements and other exercises to challenge various muscle groups. Each class and instructor is unique – be ready for variety, fun & challenge. **CARDIO SCULPT** adds exercises that increase your heart rate, boosting your aerobic workout.

INTERVAL STEP This class utilizes a multi-level bench and consists of alternating sections of step and resistance training. An awesome interval training option with no fancy moves or complicated steps!!

MOVE & GROOVE This is a lower impact/lower intensity dance based class to keep you moving and having fun.

SILVERSNEAKERS CLASSIC Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SILVERSNEAKERS CIRCUIT Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SILVERSNEAKERS YOGA This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

TRUYou A higher intensity dance infused workout that combines cardio with muscle targeting for optimal results. This is done by combining different genres of dance with exercises that incorporate body resistance.

YOGA STRETCH Full body stretching techniques that incorporate both dynamic elements - moving flows AND/OR static elements - exercises held longer to help lengthen, relax & improve flexibility.

ZUMBA® Features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring!

30 & Out

- **Cycle** Kick up the cardio with this 30-minute indoor cycling class. The music & instructor will keep you pushing the road and climbing the hills.
- **Core/Flex** A 30-minute focus on core strengthening and full body stretching.

WINTER WEEKEND WARRIOR This is a medium to high intensity class that is an energizing fusion providing a full body workout. A mix of strength, endurance, cardio and balance will be provided in intervals. Yoga power stretches will be blended into the end of each class to lengthen, strengthen and increase muscle flexibility. Please bring a change of athletic shoes, water bottle & a mat.

WINTER WEEKEND WORKSHOP: EASY LINE DANCE This is a low impact class to keep participants moving through the winter months. Beginners to advanced dancers are welcome. Each class will start with a warm-up comprised of foundational moves then engage the mind and body while focusing on line dance choreography. Dances will be taught step by step. The last ½ hour will be dedicated just to dancing. Please bring a change of shoes & a water bottle.

AQUANASTICS This class provides a low impact workout that will improve range of motion, muscle tone, and give a light cardiovascular workout. *This class is in the Therapy Pool.*

DEEP WATER FITNESS This is a great full body work out. Excellent for back pain patients or anyone looking for a zero impact aerobic & strengthening workout. Classes will take place in the deep end of the **Competition Pool** with the use of flotation belts.

WATER FLEX (previously ARTHRITIS FOUNDATION AQUATIC COURSE) This class uses exercises to help ease joint pain, stiffness and muscle aches. The buoyancy of the water is used to perform stretches & exercises that seem impossible on land, to increase flexibility & ease of movement. Held in the **Therapy Pool**.

WATER PILATES

Increase flexibility while challenging & strengthening your core muscles, balance, and posture. Those who practice traditional Pilates may want to add the element of the water's resistance and buoyancy for a different challenge to stability. *This class is in the Therapy pool.*

WATER AEROBICS

This class is a higher intensity water workout. It is designed for people looking for a low-impact aerobic workout or a cross-training option. The intensity of the workout can be altered by the speed of the movements. The class consists of warm-up, aerobic, toning and cool-down segments. This class is in the **Competition Pool**.

FEES

Members*	No charge
Universal Drop-In:	\$5 (30&Out \$4)
12 Visit Packages:	
Universal	\$52
Senior/Student Universal	\$40