



## **Group X Class Descriptions**

### **AQUA FITNESS:**

An exciting alternative to dry land classes providing a great cardiovascular workout that is soft on the joints. Classes can be modified to meet all abilities and fitness levels. Participants improve agility, flexibility, range of motion and circulation.

### **BALANCE & STRENGTH:**

Designed to help you maintain your balance and confidence at any age! This is a low impact class and moderately paced, designed for active mature adults, and deconditioned individuals.

### **BARRE:**

Get tight and toned with a fresh approach to classic ballet barre exercises. A certified Barre instructor will lead you through circuits on the barre that target the legs and glutes, light hand weights for upper body strengthening, and additional core work.

### **BASIC YOGA FLOW:**

Learn basic yoga poses and proper alignment, using a slow flow focusing on the breath. This yoga practice will help improve your balance, strength, and flexibility.

### **BODYCOMBAT™:**

An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

### **BODY BALANCE®:**

A yoga-based class where you will bend and stretch through a series of simple yoga moves while also embracing elements of Tai Chi and Pilates. Breath control is a part of all of the exercises and instructors will always provide options for those just getting started.

### **BODYPUMP™:**

This is a class for anyone looking to get lean, toned, and fit—fast! Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout in an hour!

### **BOXING BASICS:**

In this beginner friendly class, the focus is on fundamentals of boxing. You will learn how to punch and refine your skills with proper form and technique. There is emphasis on footwork, and practice drills that simulate what it's like to be in the ring.

### **CYCLE:**

An indoor cycling class set to motivating music using a spin bike, allowing you to modify the intensity of your workout. Climb hills, build strength and endurance, and sprint yourself to a stronger and fitter you!

### **FITNESS BASICS:**

This class is a low impact, form-focused strength and cardiovascular session using steps, bands, and light weights to build bone density and stability for all ages.

### **FUN RUN CLUB:**

Coach Mike will lead you on an outdoor run rain or shine! Expect to run 3-6 miles starting and ending at the club. All runners are welcome, and modifications are available!

### **GENTLE YOGA:**

A gently paced and restorative class that focuses on breathing, posture, flexibility, strength, and balance.

### **HIIT BLAST:**

An advanced high intensity interval training-based workout. Use every muscle in your body while challenging yourself through timed drills using-body weight, plyometrics, and athletic movements!

KICKBOXING:

Trying to find a new workout? This class will teach you basic kickboxing techniques and skills—including leg work, core, and shadow boxing along with bag work.

IYENGAR YOGA:

A form of Hatha Yoga that places an emphasis on precision and alignment in the performance of posture (asana) and breath control (pranayama). Develop strength, mobility, and stability through the asanas with the help of props like belts, blocks, and blankets.

MAX CARDIO:

Come join us in this fast-paced class incorporating drills and speed work for an intense cardio and endurance workout! You'll burn fat, strengthen your core, and get a killer full body workout.

RESTORATIVE YOGA:

Enjoy resting yoga poses with the full support of a trained yoga instructor. In this format of yoga, each pose is held for a longer period, allowing the body to open and relax.

SCULPT CARDIO:

A challenging total body workout combining strength, cardiovascular, and High Intensity Interval Training (HIIT) circuits using light weights and heavy repetitions.

TAI CHI:

Reduce stress while improving your balance and coordination with this Chinese martial art. Often described as meditation in motion, tai chi promotes serenity through gentle flowing movement.

TRX CIRCUIT:

Designed in stations, this class is a blend of suspension training involving core stabilization and reactive stability exercises for a full-body workout- led by a TRX certified trainer in a smaller group setting.

WALKING GROUP:

Ease your way into the day with an easy paced walk. Enjoy the local scenery with like-minded walkers. Bring your coffee or water!

YIN YOGA:

A slow-paced style of yoga incorporating principles of traditional Chinese medicine, with asanas that are held for longer periods of time than in other styles. Advanced practitioners may stay in one asana for five min or more.

YOGA:

Our instructors will lead you through a series of yoga poses as you strengthen and lengthen your muscles. With a focus on breath, you'll feel relaxed and calm while you inhale and exhale through the movements.

YOGA + PILATES:

Challenge your strength and balance with a Vinyasa-style yoga flow, then enjoy the benefits of Mat Pilates, adding flexibility and core training to your workout.

ZUMBA:

A total-body workout disguised as dance fitness. This aerobic fitness program features movements inspired by various styles of Latin American dance and is performed primarily to Latin American dance music.

ZUMBA GOLD:

Have fun dancing in this low impact version of Zumba. Enjoy simplified choreography that challenges your balance, coordination, cardio, and muscles all in the form of dance.

ZUMBA TONING:

Perfect for those who want to "party" while toning and sculpting their muscles. The challenge of adding resistance by using toning sticks or light hand weights helps you focus on specific muscle groups so that you and your muscles stay engaged!