

Group Exercise Class Descriptions

Trekking – A training program using aerobics & aerobic intervals instructed on a treadmill in a group setting. The instructor focuses on individual fitness levels monitoring clients & charting progress. This class focuses on fat burning & increasing cardiovascular endurance. All fitness levels welcome.

Tone to Stone – This full body class skillfully combines weights, bands, body bar, and/or core pole; concentrating on major muscle groups.

Gentle Yoga – A gentle yoga class for students of all levels and physical abilities. This class can be done on a yoga mat or in a chair – especially good for people with special needs – de-stressing, high blood pressure, knee/back/neck/shoulder injuries, diabetes, CFS, fibromyalgia, joint stiffness, pregnancy, etc.

Yoga – A series of poses that incorporate lengthening, flexibility, strengthening, & toning for the entire body. All levels welcome.

Silver Sneakers® I-Muscular Strength & Range of Motion – Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement, & activity for daily living skills. Hand-held weights, elastic tubing with handles, & a ball are offered for resistance; & a chair is used for seated and/or standing support.

Silver Sneakers® Yoga – A complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase

flexibility, balance and range of motion. Promotes stress reduction and mental clarity.

Zumba – Dance your way to a fitter you! This class incorporates exciting & unique Latin moves & rhythms. Experience the class that is taking the world by storm!

Advanced Burn – This class offers a full body workout with strength training and cardio at high intensity.

Kick'n It Up a Notch – This class offers kickboxing techniques with primary focus on cardiovascular benefits

Spinning – A cardiovascular workout using a stationary bike in a group setting. Spinning combines resistance and RPM riding in-and-out of the saddle with innovative music and visualization techniques simulating an outdoor ride

Jump and Pump – A vigorous workout using a mixture of plyometrics and weight training

Low Step – A cardio class that combines stepping with controlled movement along with some strength training

Pilates – Mat exercises designed to improve core control, coordination and balance

Boot Camp – An outdoor inventive workout involving props such as tires, ropes and outdoor equipment

Water Aerobic Class Descriptions

Deep Water – A high cardio class with no impact. Great for people with injuries. You don't have to be a swimmer, just be comfortable in the water. A flotation belt can be used, so swimming is not necessary.

Aqua Power Hour – If you're looking for a high intensity workout, this is it! This hour is all about one thing, POWER! This is primarily a cardio class with a few minutes of toning at the end. Come & see if Power Hour is for you.

Aquatic Arthritis Adventure – This class is primarily an arthritis class. It is also useful to people with

disabilities, but anyone can come. In this class we try to flex & extend all of the joints in the body. This is not a cardio class, but occasionally there will be water walking & very LOW intensity activity at the end. Come & give it a try!

Senior Splash – This is a low intensity cardio class. Tons of fun, but a good workout without overdoing it. This is a great class for seniors & also a great place to socialize!