

<i>Class</i>	<i>Class Descriptions</i>
Active Aging Yoga	This yoga class is made safe for people in their later years. We will be focusing on creating stability and strength through functional movements rather than extreme or overly repetitive, strenuous yoga poses. Although this class is probably more for an Active Aging population, it can be an excellent class for all ages. It's yoga for strong healthy movement as we age.
Barre	Barre is a fusion of Ballet, Yoga, Pilates and strength training. It is a full body workout with an emphasis on lower body and core strength.
Barlates	Bar=Barre & Lates=ilates. A fusion of a Barre class and a Pilates class while incorporating Yoga and toning exercises.
Bolly X	Bollywood-inspired dance-fitness interval program that combines exhilarating choreography and intensive workouts with upbeat music from around the world. Bollywood has always been gender neutral. BollyX has designed its choreography to be approachable and without a lot of hip movement.
Cardio Core	A total body workout combining strength, resistance training, and core stability work.
Cycle & Tone	Combination of cycling & weights, circuits, and core. Combines all techniques and a variety of equipment.
Gentle Yoga	Slow, methodical yoga sequences and restorative poses are incorporated to gently open the body and allow muscles to relax. Participants may practice breathing exercises visualizations. Suitable for people of all ages and experience levels.
Get Fit	Get Fit is a fitness class adaptable to challenge all fitness levels that uses a variety of equipment and exercises to move, build, and have fun
High Low	This is based on traditional aerobics principles. Zero equipment, full body cardio workout that improves endurance, stamina, & strength.
LaBlast	Partnerless Ballroom dance fitness with light weights
Muscle	Participants use dumbbells and other equipment to strengthen muscles and increase endurance.
Pop Pilates	A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. All choreographed to upbeat songs
Peaceful Mind	Experience a deep sense of relaxation & calm through guided meditation & a sound bath. A sound bath is the use of different instruments to promote deep relaxation through sound waves. *Dress warm or bring a blanket.
Seasonal Cycling	High energy, low impact, focusing on endurance, strength, intervals and recovery.
Stronger	A combination of strength training and Pilates that will improve strength, flexibility, and mobility.
Surge Strength	Muscle focused, high repetition strength training tracks, using dumbbells and your own body weight will strengthen, shape & tone your every muscle in your body
Tabata	Interval training consisting of short periods of intense training followed by short periods of rest.
Total Body Strength and Conditioning	Mix it up and keep it fresh with this cross training functional workout via circuits, intervals, HIIT, Tabata, and fun sports conditioning drills.
Yoga	Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching. Gentle Yoga is especially for beginners.
Yoga Strong	Combining traditional Yoga poses and strength training by using hand weights. Designed to create a full body workout
Zumba	Latin dance inspired by using various styles of Latin Dance

<i>Column1</i>	<i>Water Aerobics Class Descriptions</i>
Arthritis	Designed to be gentle on the joints
Water Aerobics	Burn fat with this fast-paced workout combining intervals and work with noodles. All fitness levels welcome.