Group Exercise Class Descriptions

**BODYPUMP™:** is a strength training program where we integrate high-repetition movements with light to moderate weights to deliver a total body workout. Throughout this 30, 45 or 55-minute class you will burn calories, build strength, and be motivated by popular music and an inspirational instructor. This class is not about bulking; it’s about developing lean, toned muscles. You’ll use a step and weights during this program. This is all provided in the group exercise studio.

**Bodyworkks:** Using weights, balls and resistance tubes up will target and tone the entire upper and lower body muscles as well as the abdominals. A great class to tighten and tone problem areas.

**Core and More:** Trim up your mid-section with this new 30-minute workout. This class will teach you proper exercises and form to effectively strengthen the abdominals. Starting with crunches and then moving into core strength moves including side bends and planks for plenty of variety.

**Chair Yoga:** Restore yourself and find balance in this class providing increases in strength, flexibility, and posture and decreases in stress. Additional chair options provided when needed.

**Circuit Training –** This class will kick you in gear by rotating you through multiple muscular endurance and cardio endurance stations. Intensity increases with each completed circuit, so prepare for a challenge.

**Core Motion:** Get on the ball in our dynamic new class using a large stability ball. The ball will engage your core muscles throughout each exercise as you improve cardiovascular fitness, strength, and balance.

**Cycling:** Cycle your way to fitness and improve muscle tone and endurance with this customizable, fun, challenging class that uses stationary bikes, upbeat music, and motivating instruction for an invigorating cardiovascular workout.

**Insanity:** This class is for people who have the motivation to dig deeper each class and not give up. You will compete against yourself to go harder and go faster. If you are ready to drip sweat and work hard, this is the challenge for you. It’s time to dig deep!

**Intervals –** Intense cardio and strength training drills with plyometrics for a well rounded workout.

**Pilates Fusion:** Yoga, Abs, Pilates. This perfect core combination class targets the abs while toning, strengthening, and relaxing your body.

**PiYo®LIVE:** PiYo is a low-impact, high intensity workout that combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of yoga. With cranked up speed and fluid transitions, each workout will leave you stronger, sweeter and more flexible than when you began.

**POUND™:** Full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 40-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

**Power Pump:** Strengthen, define, and tone every muscle using the "body bar" for a complete strength training workout.

**Silver Sneakers Cardio Fit:** This class is designed to increase strength, range of motion, agility, balance, and coordination and to improve participant’s functional capacities, physical fitness level, and sense of well-being while standing.

**Silver Sneakers Classic:** This low impact/chair aerobics class is a combination of strength training, cardiovascular, and flexibility exercises designed for older adults.

**Step:** For individuals that have step experience and are ready for a powerful workout using our adjustable steps. You will learn challenging combinations designed for the intermediate to advanced stepper. Upper body and abdominals will be included.

**Step and Strength:** This class will help you to burn fat as well as target tone problem areas with specific exercises to effectively sculpt the upper and lower body.

**TABATA –** High intensity interval, 20 sec on, 10 sec off for 4 minutes. Burn high calories in 60 min and improve toning and cardio endurance.

**Yoga:** Restore yourself and find balance in this class providing increases in strength, flexibility, and posture and decreases stress. All participants’ levels welcome to all yoga classes.

**Zumba:** Zumba provides participants with energetic music while strengthening the body and increasing range of motion through Latin dance-based movements. Ditch the workout, join the party!

**Zumba Gold:** Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.

**Zumba Kids:** The ultimate dance-fitness party for young Zumba fans ages 7-11 where they can play it loud and rock with friends to their own rules! This program features age appropriate music and moves that get the kids moving to the beat.

**Zumba Kids Jr.**: Classes are dance’n play party for lil’ feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future. This program is where 4-6 year olds can just let loose and be themselves. Here they can socialize, move to age-appropriate music and play games with other kids.

**Zumba Toning:** Zumba fitness with intervals of muscle strengthening and toning using weights.