

**ARTHRITIS/GENTLE AQUA:** Gentle water exercise, done in the heated indoor pool focusing on arthritic relief, stretch & tone>

**ASK THE TRAINER:** Meet Cindy in the gym for questions regarding proper use of the equipment.

**BALANCE/STRETCH:** Help prevent falls, increase stability and confidence by strengthening legs and core.

**BARRE FUSION:** Total body workout combining movements of Ballet, Pilates, Yoga and Toning.

**GENTLE YOGA:** Gentle standing yoga focusing on strength and balance, using a chair to aid in balance postures.

**BELLY DANCE:** Spice things up, tone your core and get fit with a shake of your hips! No experience necessary.

**BODY MADNESS:** Challenge your muscular endurance with this total body workout using light weights to make you stronger, increase endurance and improve overall fitness.

**CARDIO/SCULPT INTERVALS:** Get an aerobic and strength workout in the same class! Alternating bouts of cardio and strength bring your weights.

**CHAIR EXERCISE:** Stay in shape, increase metabolism and improve muscle strength and tone. Bring your own weights Monday, Wednesday and Friday, resistance bands provided on Tuesday& Thursday.

**CHAIR YOGA (PLUS):** Gentle seated Yoga focusing on stretching and balance, "Plus" includes some standing.

**CORE SPLASH:** Safe and effective method to strengthen core muscles and improve balance using resistance of the water and incorporating Pilates techniques.

**FAT BURN PILATES:** Intensive mat class, training core muscles to strengthen entire body. Improve strength, coordination and flexibility.

**Intervals:** Energetic and challenging class to shed fat and define muscle. Alternating minutes of strength, cardio and abs, repeated through class. Must be able to get on and off mat.

**LOW IMPACT AEROBICS (SENIOR):** Improve endurance, burn calories and have fun with easy to follow low impact moves. Senior adds special consideration for senior population.

**MAT PILATES:** Strengthen your core with Pilates mat exercises, designed to improve flexibility, strength and balance.

**PI-YO:** Combining the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga, PI-YO delivers a low-impact workout that leaves your body looking long, lean, and incredibly defined.

**SCULPT/TONE (FUSION):** Improve muscle tone, balance and strength. Bring your own weights. Last part of class may be on the floor. Fusion adds elements of barre and pilates.

**SIT AND FIT:** Specific exercises for improving reaching, grasping, twisting, stepping and other movements of daily tasks. Balls and bands occasionally used and will be supplied.

**WATER AEROBICS:** A blend of cardio and strength workout using the resistance of the water. Noodles and weights provided.

**YOGA: FLOW, BODY SCULPT, FUSION:** Flow poses flow from one to another in conjunction with the breath. Sculpt includes using light weights. Fusion links poses with dynamic movement connected to breath, creating a moving meditation. Must be able to get on/off mat.

**ZUMBA/GOLD/ TONE:** Fun, exhilarating, effective and easy to follow calorie burning dance party. Gold is lower intensity. Tone is same but using light weights.

**20/20:** 20 minutes of low impact aerobics followed by 20 minutes of resistance band training

**Intervals:** Energetic and challenging class to shed fat and define muscle. Alternating minutes of strength, cardio and abs, repeated through class. Must be able to get on and off mat.