

**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.

**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. Bring your own light weights.

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

**CARDIO KICKBOX:** Total body workout to improve strength, flexibility, coordination & balance. Kick, jab and uppercut your way to a fitter you.

**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, Thursdays "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 challenge and strengthen entire body. Improve strength, coordination and flexibility.

**LOW IMPACT AEROBICS:** Improve endurance, burn calories and have fun with easy to follow low impact moves.

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

**MINI BOOT CAMP:** Challenge yourself with this calorie blasting workout using modified boot camp style approach.

**SCULPT/TONE:** Improve muscle tone, balance and strength. Bring your own weights. Last part of class may be on the floor.

**SENIOR AEROBICS:** A very low impact aerobics class designed with special consideration for the senior population.

**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:** Low impact cardio workout using the resistance of the water. Noodles and weights provided. Class held indoors if temperature is below 55 at 8:00am or during inclement weather.

**YOGA/YOGAFLOW/YOGASTRETCH:** A series of postures taken from various genres of Yoga. Flow poses flow from one to another in conjunction with the breath. Stretch (on mat only) uses postures in combination with breath to develop flexibility and relaxation. Must be able to get on and off mat. Please enter class on time.

**YOGA BODY SCULPT:** Sculpt and tone your entire body with a variety of yoga poses while using light weights. Bring your own weights. Must be able to get on and off mat. Please enter class on time.

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

**20/20:** 20 minutes of weights followed by 20 minutes of low impact aerobics, bring your own weights.