

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.

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 timed intervals of strength, cardio and abs, repeated through class. Must be able to get on and off mat.

LEGS, CORE AND MORE: Strengthen and Tone your lower body with body weight exercises, no equipment needed!

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.

USE YOUR NOODLE: Tone your muscles in this fun water class, using a noodle for resistance.

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

YOGA: FLOW, BODY SCULPT, FUSION, YIN: 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. Yin poses are held for 2 minutes each, allowing the body to relax and deepen the stretch. 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.