



GROUP EXERCISE CLASS DESCRIPTIONS

Updated December 2018

ACTIVE OLDER ADULT:		Silver Sneakers [®] classes as well as other classes designed to meet the needs of our active older adult members.
Building Fit Friends	Total body workout including cardio, strengthening, wall exercises, flexibility, and stretching. All ages are welcome!	
BOOM	Ideal for those just getting into exercise, active older adults and anyone that wants to improve their physical and mental health. BOOM improves strength, flexibility and endurance, includes cardiovascular work, strength training, Pilates, and Yoga.	
Silver Sneakers [®] Cardio	Combine fun with fitness to increase your cardiovascular and muscular endurance, and power with a standing circuit workout.	
Silver Sneakers [®] Classic	Have fun and move to the music through exercises designed to increase strength, range of motion and activities for daily living.	
MULTI-LEVEL:		These classes are appropriate for all levels of participants and offer many modifications to either keep it simple or take it up a notch.
Barre	Barre fitness classes are simply ballet-inspired, incorporating a ballet barre and maybe some plies and pirouettes here and there into the workout. Essentially, Barre classes mix elements of Pilates, dance, yoga and functional training. Classes focus on alignment and posture while enhancing coordination, balance and overall strength. No experience necessary.	
Beginner Yoga	Yoga Fitness is based on traditional yoga postures and focuses on mind-body awareness, strength, flexibility, breathing and relaxation techniques.	
Cardio Dance	A high energy cardio class using a variety of dance styles and international music. Classes are offered at multi-level, intermediate/advanced.	
Cycle	Jump on one of our spin bikes and start peddling! These classes provide an intense cardio workout while still catering to participants of all fitness levels.	
Gentle Stretch	A gentle class for beginner exercisers or those who have not spent time stretching. Enjoy relaxing music and flowing stretching and need to incorporate stretching to prevent injury and remain limber. Move through traditional stretching postures while utilizing specific breathing techniques to allow the body to stretch to new limits.	
Hatha Yoga	Improve flexibility, balance and strength. Positions often held longer than one minute.	
Low Impact Cardio	Dance at a slower pace, great for beginners or active older adults.	
Pilates	Core strengthening exercises with a focus on flexibility balls and mat work.	
Strength Training	Total body strength training using weights, bands, stability balls, gliders and/or mat work.	
Strength & Stretch	A class packed full of a variety of different strength training exercises using weights, barbells, tubes, bands, resistance balls and even your own body weight. Followed by gentle stretching.	
Step & Tone Fusion	Cardio on the step including muscle sculpting with weights and/ or mat work.	
Tabata	High intensity workout with 20 seconds of all out work followed by 10 seconds of rest usually repeated 6-9 times.	
Turbo Kick [®]	combines traditional kickboxing moves with H.I.I.T for an unbelievable calorie burn. Modifications shown.	
Yoga	Basic postures & specific breath flow. Breathing techniques will further enhance the yoga practice.	
Zumba	A high energy cardio class using a variety of dance styles and international music. Classes are offered at multi-level, intermediate/advanced.	

INTERMEDIATE/ADVANCED:	If you are ready for a challenge, the following classes are for anyone ready for more of a challenge, so you can improve your physical activity level.
Boot Camp	Fun, but intense class that implements cardio and strength training drills and stations.
Cardio, Core & More	This is perhaps the most challenging class in the Cardio Fitness category. It's designed around segments of quick, high-intensity bursts of exercise with limited recovery time, you'll gain increased speed, maximize the calories you burn and challenge yourself constantly.
Tabata	High intensity workout with 20 seconds of all out work followed by 10 seconds of rest usually repeated 6-9 times.