

## LAND GROUP EXERCISE

revised 12.31.16

**20-20-20, 15-15-15:** Each class will follow the same format but duration will vary. 20 or 15 minutes of high intensity cardio & just when you've had enough we'll switch gears to 20 or 15 minutes of total body strengthening & ends with some awesome core (abs & lower back) training. Class will use a variety of equipment to vary the workout often: weights, resistance tubing, medicine balls, body weight & steps.

**BARRE:** Barre is a beautiful blend of pilates, yoga & ballet inspired moves set to upbeat music. Mental focus is required as muscle strengthening isometric moves reshape the entire body. The work is then balanced with lengthening of the same muscle group to work towards a longer, leaner physique. Barre is non-impact, you will feel successful yet challenged. Class uses a ballet bar, small ball & light weights.

**BODYCOMBAT™:** BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

BODYCOMBAT is available as either a 55 or 45 minute workout.

**\*BODYPUMP™:** This 30, 45 or 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for fast.

**Cardio Fusion:** Keep your feet moving and your heart pumping. Class combines high & low impact aerobics along with resistance training.

**CXWorx™:** A 30 min personal training inspired core class that's been formulated with carefully structured scientific approach & unforgiving intensity. Designed to tighten & tone the abs, glutes, back, obliques and "slings".

**\*Group Cycling:** 30 or 45 minute class in our cycling room. Increase your cardiovascular endurance & burn mega calories! Beginners are recommended to try a 30 min class but resistance & intensity is individual in any class.

**Pilates:** Pilates works on creating balance in the human structure through purposeful movement, body awareness, and focused breathing. Pilates will strengthen the "powerhouse" or core of the body.

**Yoga:** Open your body using movement with breath. Increase coordination, concentration, and body awareness while calming your mind and reducing stress. Improve range of movement in your shoulders, spine, hips, and legs while strengthening your muscles. Challenge yourself at your level (modifications provided) and leave feeling more balanced, on the mat and off.

**Cyclelates:** You'll start with 20-25 min of cycling followed by a transition to pilates mat work. Pilates strengthens the core of your body, lengthen muscles and relieve stress. Excellent way to increase cardiovascular endurance, muscular endurance, improve flexibility, and encompass the spirit, mind and body.

**FitYoga:** Blends balance, strength, flexibility, and power in a fitness format.

**Tone it Up:** This class is designed to increase strength and tone by using weights, tubing, your body weight and the step bench for a full body workout.

**Senior Circuit:** offers safe and effective non-impact aerobic activity plus upper-body strength work with hand-held weights, elastic tubing with handles and the SilverSneakers ball.

Benefits: Circuit improves heart health and muscular endurance.

**SilverSneakers® - Classic:** is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace. Benefits: This class improves overall strength, flexibility, posture and balance.

**STRONG by Zumba™:** combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

**Ywalk:** A 30 minute, total body conditioning indoor walking class on a wooden floor, no complicated steps with occasional intervals. All ages and abilities welcome!

**Zumba®:** Combines music with unique moves that are fun and easy to do. Ditch the workout, and join the party!

## WATER GROUP EXERCISE

**WATER WARRIORS:** High Intensity training in the water at its best. Class combines utilizing both the shallow & deep end. High energy & great music makes time speed by. Class finishes with muscle lengthening poses & balance. Great cross-training class for those that primarily do land training.

**WaterWorks:** Shallow water cardio class with a moderate intensity may include shallow kickboxing moves along with use of gloves, barbells, noodles and balls. Includes warm up, cardio workout, muscle conditioning & cool down.

**Fast & Furious:** Moderate intensity water exercise class using a water board for added resistance during muscle strengthening movements. Class combines cardio & strengthening movements for a total body workout!