

# CLASS DESCRIPTIONS

**AQUA**  
**Aqua Fitness:** Fish Out Of Water – A great alternative for Aqua fitness enthusiasts. Gentle Movement, bodyweight strength training, core stability and balance will be included in this fun workout. All levels

**CARDIO** All Levels

**Cardio Sculpt:**Strength training routines while working on your cardiovascular system, the best of both worlds!

**DanceFit** - An intense cardio format, incorporating dance styles and music from around the world. The workout also includes elements of athletic movement, plyometrics, and body-weight conditioning. No dance experience needed!

**Fitness Fusion:** Functional strength intervals, intertwined with athletic cardio movement finishing with floor-work and stretch.

**HIIT:**High Intensity Interval Training involving a series of low to high intensity periods of exercises. Burn calories, improve cardiovascular endurance, build strength.

**Zumba®:** High energy, captivating music with Latin inspired moves will leave you asking for more! This feel good workout will help you find the dancer within!

**MIND BODY**

**Meditation:**Take 30 minutes out of your day to breathe, find deep relaxation, eliminate stress, and cultivate inner stillness. All Levels.

**Hatha Yoga I-III:**Blend asanas (poses) with deep breathing techniques for a mind-body connection. Increase strength, flexibility; improve posture and relaxation. Check schedule for individual class levels

**Mat Pilates:**Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. Monday and Wednesday PM classes will emphasize proper breathing and recovery. All levels

**Qigong:**This calming and centering qigong class focuses on a form of Taoist Qigong called 'Hunyuan Qigong'. Class consists of a specific set of soft, flowing, and circular movements integrated with the breath, and intention, to help nurture and direct the qi (life-energy) throughout the body... mixing the qi from nature, the heavens, and earth, with the qi of the physical body. Class also includes self massage, and standing meditation. All levels

**Vinyasa Yoga I-III:** A dynamic yoga practice that links body movements to breath. The class will move in a continuous, dance-like flow, and you will breathe, sweat, and relax! All levels.

**Yoga Flow I-III:** Great for beginners, this Hatha yoga class set to a slower pace will combine a flow technique with deep breathing exercises that will improve the mind-body connection. All levels.

**STRENGTH**

**BARRE:** A full body workout, fusing ballet barre, cardio, Pilates, yoga, and core conditioning. Perfect to strengthen the major muscles, core and improve flexibility. All levels.

**Core Blast:** Improve core strength, stabilization, range of motion, while reducing muscle tightness in this total body workout. All levels.

**Stable & Strong:** Ideal for older adults, those in rehab, and beginners who want to increase range of motion via functional movement, balance and strength. Beginners & level I.

**Body Conditioning:** Tone and strengthen your muscles using your body weight. Learn proper form and execution of many different exercises emphasizing strength and flexibility. All levels.