

## Group Fitness Class Descriptions

### Basic Fitness

A softer form of your favorite exercise that is a less jarring method of burning fat and enhancing the cardiovascular system. Mixing both strength and cardio for a balanced workout.

### Boot Camp

High intensity workout including plyometrics, strength training, circuits, cardio, etc. This is a more advanced level class, but modifications will be shown.

### Cardio/Strength

A challenging full body workout which focuses on cardiovascular strength in all of the major muscle groups and core. A variety of equipment will be used. All fitness levels welcome.

### Core Conditioning

A strong core is vital for preventing injuries and correcting posture. Focuses on strengthening your abdominal, oblique and lower back muscles to promote your body's center of strength and balance.

### Cycling

This class is a cardiovascular workout performed to music on a stationary bike designed to mirror a road bike experience. Please arrive 10 minutes early to set up your bike. Bikes are available on a first come, first served basis.

### Cycling/Strength

A fusion of our cycling and strength offerings. Class format determined by the instructor. You may be on and off the bike throughout the class. Please arrive 10 minutes early for proper bike set up.

### Cycling/Yoga Flow

Cycling/Yoga hybrid focused on a 30 minute high intensity cycling session, followed by a 30 minute core-strengthening yoga flow. Please arrive 10 minutes early for proper bike set up.

### Early Bird Fitness

This class is designed to enhance all aspects of fitness without choreography. Class meets on the indoor track. The cardio portion takes place outdoors during the summer. Volleyball on Fridays.

### Fitness Conditioning

A combination of high intensity interval training and strength conditioning using a variety of equipment and formats. This is a more advanced level class, but modifications will be shown.

### Gentle Yoga

A beginner's series of linking breath to movement focusing on basic postures, sun salutations, alignment and core technique. Chairs are optional for balance.

### Gentle Chair Yoga

One of the gentlest forms of yoga available. Perform postures and breathing exercises with the aid of a chair to experience the many benefits of yoga. Essential oils use is present, but participation is optional.

### H.I.I.T.

High Intensity Interval Training. You can expect a variety of cardio, weighted and unweighted exercises while you burn fat and increase your metabolism all in a quick and convenient class.

### Mobility

This class will assess your mobility level and include stretches and myofascial release techniques to help reset your body, promote movement quality, and give you tips on how to take care of your body. **Held on 11/14**

### Open Meditation

Open Meditation is available to any member looking to calm their mind, settle their body and find a softer focus in their day. This is an open space for self-guided meditation. Please find more information in the Yoga Studio.

### Sculpt Yoga

Focus on strengthening the core and supportive muscles and challenging balance through flexibility to help reduce injury and hasten recovery from workouts.

### Self Care Yoga

Beneficial breathing exercises, along with core focus and various yoga sequences to help achieve a strong core and to maintain mobility throughout the lower back and hips.

### SilverSneakers

Increase muscle strength and range of movement, improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

### Strength

A challenging and effective all over body workout utilizing a variety of equipment including weights, barbells, resistance bands, balls and more to increase personal strength.

### Strength/Barre

This unique, high energy, no-impact barre class will create a lean, well-defined flexible body. Combines elements of yoga, strength, ballet barres and light free weights and cables to isometrically sculpt your body.

### Strength & Stability

Strength class with an additional emphasis on core and balance to engage your stabilizing muscles and enhance joint stability to promote proper posture and alignment.

### STRONG by Zumba

THIS IS NOT A DANCE CLASS! STRONG by Zumba is a revolutionary high-intensity body weight workout led by music to motivate you to crush your ultimate fitness goals.

### Variety Mix

An intermediate to high level cardio class for the first 30 minutes followed by 30 minutes of strength training, core work and stretching. This class will require participants to get on a floor mat to do some of the elements.

### Yoga

Take time to shed the distractions and enjoy a reconnection with your body and senses. Concentration will be on exploring the essentials of breathing, posture, and lengthening.

### Zumba

Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everyone; we take the "work" out of workout by mixing low and high intensity moves for an interval-style, calorie burning fitness dance party.

### Zumba Gold

This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination at a lower intensity. Come ready to sweat, and prepare to leave empowered and feeling strong.

### Zumba Kids

Zumba® Kids features kid-friendly routines based on original Zumba® moves. We break down the steps, add games and activities into the class for 7-11 years old to get the chance to be active and jam out to their favorite music.

## Group Fitness Participant Guidelines

Participants must be 12 years old to attend group fitness classes.

Please arrive early to class so you're prepared to start on time.

Proper footwear is required. No sandals or open-toe shoes.

Please sanitize equipment before returning it to the proper location.

No shoes are allowed on the yoga mats in the Yoga Studio.

No entry will be permitted to yoga classes once the class has started.

Classes with low participation (less than 5) are subject to cancellation.