

<b>Class</b>	<b>Class Descriptions</b>
<b>Active Aging Yoga</b>	This yoga class is made safe for people in their later years. We will be focusing on creating stability and strength through functional movements rather than extreme or overly repetitive, strenuous yoga poses. Although this class is probably more for an Active Aging population, it can be an excellent class for all ages. It's yoga for strong healthy movement as we age.
<b>Barre</b>	Barre is a full body workout with an emphasis on lower body and core. Incorporating motivating music and targeted muscle toning.
<b>Barlates</b>	Bar=barre & Lates=pilates. A fusion of a Barre class and a Pilates class while blending toning exercises and core strength.
<b>Bolly X</b>	Bollywood-inspired dance-fitness interval program that combines exhilarating choreography and intensive workouts with upbeat music from around the world. Bollywood has always been gender neutral. BollyX has designed its choreography to be approachable and without a lot of hip movement.
<b>Cardio Core</b>	A total body workout combining strength, resistance training, and core stability work.
<b>Cycle &amp; Tone</b>	Combination of cycling & weights, circuits, and core. Combines all techniques and a variety of equipment.
<b>Gentle Yoga</b>	Slow, methodical yoga sequences and restorative poses are incorporated to gently open the body and allow muscles to relax. Participants may practice breathing exercises visualizations. Suitable for people of all ages and experiences levels.
<b>Get Fit</b>	Get Fit is a fitness class adaptable to challenge all fitness levels that uses a variety of equipment and exercises to move, build muscle, and have fun.
<b>High Low</b>	This is based on traditional aerobics principles that create a steady state cardio workout without the impact of burpees or cardio push tracks.
<b>LaBlast</b>	Ballroom dance fitness with light weights
<b>Muscle</b>	Participants use dumbbells and other equipment to strengthen muscles and increase endurance.
<b>Pop Pilates</b>	A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.
<b>Peaceful Mind</b>	Experience a deep sense of relaxation & calm through guided meditation & a sound bath. A sound bath is the use of different instruments to promote deep relaxation through sound waves. *We will be laying down, dress warm, blanket & pillow are recommended
<b>Strength And Conditioning</b>	This class is a fusion of cardio, strength, balance, and flexibility continually modified to create change in the body. Different methods of training and equipment will be used. Varied intensity levels for all fitness levels.
<b>Stretch &amp; Strength</b>	This class combines both Yoga and Strength Training by including elements of balance, core training and Yoga.
<b>Surge Strength</b>	Muscle focused, high repetition strength training tracks, using dumbbells and your own body weight will strengthen, shape & tone your every muscle in your body
<b>Total Body Strength and Conditioning</b>	Mix it up and keep it fresh with this cross training functional workout via circuits, intervals, LIIT, Tabatas, and fun sports conditioning drills.
<b>Yoga</b>	Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching. Gentle Yoga is especially for beginners.
<b>Zumba</b>	Latin-inspired dance fitness class based on interval training. Toning uses weights during class.

#### **Water Aerobics Class Descriptions**

<b>Arthritis</b>	Designed to be gentle on the joints
<b>Aqua Fit</b>	Aqua Fit challenges all fitness levels that uses a variety of exercises to move, build muscle, and have fun.
<b>Water Aerobics</b>	Burn fat with this fast-paced workout combining intervals and work with noodles. All fitness levels welcome.