

## Cardio Conditioning

- **Back to Basics:** a low impact aerobics class for the beginning exerciser. Includes cardio and sculpting.
- **Boot Camp:** ready to pick it up a notch? Come challenge yourself with a variety of cardio and muscle building exercises.
- **Zumba:** a fun cardio class utilizing Latin/international music and Latin/international dance moves to burn calories and tone.
- **Kick Boxing:** a cardio workout that uses punches, kicks, and blocks to increase your heart rate. Work on endurance, strength and coordination while burning tons of calories.
- **Step It Up:** challenge yourself with intensity and intermediate choreography.
- **Zumba Gold:** this class modifies the moves and pacing to suit the needs of the active older participant and those just beginning the Zumba journey. This is a fun class utilizing Latin music.
- **Tabata:** is a challenging workout which will take you to the next level. Participants can expect to improve cardio fitness, decrease body fat and gain lean muscle. Tabata consists of 20 seconds of work and then 10 seconds of rest.
- **Country Heat:** is a fun, cardio dance fitness class set to the hottest hits in country music. This isn't a line dance class. You will work up a sweat, burn fat and have fun!

## Muscular Conditioning

- **Body Sculpt:** an overall body workout using bars, weights, balls, etc. to tone and shape.
- **Quick Tone:** Intense 30 minute FULL body workout will help firm and tone arms, legs and abs using resistance training with weights, bands, balls and body bars.
- **SilverSneakers Classic:** move through a variety of exercises designed to increase muscular strength, range of motion and skills required during activities for daily living. Hand held weights, tubing and ball are offered for resistance and chair used for seated or standing support.
- **Sculpting and Abs:** a resistance training workout utilizing resist-a-balls, body bars, weights, and bands targeting the abs and more.
- **BARRE Above:** is a barefoot, low impact total body muscle conditioning workout designed for all fitness levels and ages. Body weight exercises with occasional use of light resistance equipment and/or play balls. A fusion of barre, pilates and yoga.

## Mixed Conditioning

- **Ball/Bosu:** enhance balance and coordination with cardio, strength and core training in this quick 30 min. class.
- **Cardio Sculpt:** a hi/low workout followed by body sculpting.
- **Core:** improve health and balance, increase muscular endurance and strength with full body core training.
- **Power Fit:** improves power, muscular endurance, balance, and overall agility. Helps lower body fat by toning and conditioning the body for natural flexibility
- **Power Step:** moderate to high intensity, low to high impact step aerobics and body toning.
- **SilverSneakers Circuit:** a heart healthy cardio workout followed by muscular conditioning. Basic steps and resistance tools will be offered. A chair can be used for seated or standing support.
- **Step, Cycle & Sculpt:** 20 min. intermediate stepping, 20 min. cycling, 15 min. body sculpting. Time flies by in this class!
- **Cycling:** is a fun exhilarating way to burn fat, increase strength and improve cardiovascular fitness. This class simulates hill-climbing, sprints and jumps with motivating music.
- **PiYo:** a music driven, athletic workout that strengthens, stretches, and tones with dynamic movements inspired by the best of Pilates and Yoga. Includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels.

## Mind and Body Conditioning

- **Gentle Yoga:** a yoga class giving a good morning stretch and relaxation using traditional poses.
- **Revitalize Yoga:** this class will help with your body alignment and posture, breathing, flexibility, visualization and meditation. Excellent class for those who can't relax, have stressful lives, problems sleeping or tight muscles.
- **Yoga:** focus on strength, flexibility, relaxation and breathing through traditional poses. Slow paced.
- **Pilates:** improve your muscle balance, posture, core stability, spinal alignment, strength, flexibility and control of breath by use of Pilates-based mat exercises.
- **SilverSneakers Yoga:** a variety of safe and fun yoga postures and healthy breathing. A chair is used for support. Participants work at their own pace to build flexibility and endurance.
- **Yogalates:** a combination of both Pilates and Yoga in a one-hour class.
- **Simply Stretch:** Increase your flexibility, range of motion and balance through deep stretching and breathing.
- **Reiki Restorative:** A relaxation practice to restore and renew the body and mind combined with healing energy of Reiki, which is a universal life force energy. Accompanied with vibration and sound created by the gong that create a unique sound and vibrational experience.
- **YoChi:** is a fusion of Tai Chi and Yoga. It combines the mobility of Tai Chi with the stability of Yoga to provide a class that supports healthy joints and muscles. Movements are repetitive with alternating 5 minutes of Tai Chi and 5 minutes of Yoga.
- **Gong Meditation:** Release your stress from the week in this 55 minute meditation class. This class uses the sounds and vibrations of the gong to create deep relaxation and state of meditation.
- **Yoga Nidra:** is a sleep based meditation, designed to walk you down step-by-step using gentle body movement, breathing and body scanning to bring to the deepest level of relaxation.