

# FITNESS CLASS DESCRIPTIONS

## AQUA FIT

Water aerobics is a fitness activity that uses the buoyancy of the water to exercise your muscles and heart. It can be done in any pool, with or without equipment, and is good for beginners, seniors, pregnant women, people with joint problems and athletes.

## AQUA YOGA & BARRE (Beg. 4/14)

Flow, sculpt and strengthen in the shallow pool!  
This fusion class blends yoga for flexibility with barre inspired moves using the water's awesome resistance.

## CHAIR YOGA (Beg. 4/09)

A lively and uplifting class that brings the benefits of yoga to your seat. Perfect for all fitness levels, this class focuses on improving strength, flexibility and balance all while staying seated. Stay active, energized and feel great in a fun and supportive environment.

## FUNCTIONAL STRENGTH

Functional strength is strength, mobility and flexibility that is useful and directly applicable to your everyday life. This class improves muscle endurance, coordination and balance with the use of weights, tubing and a small ball and a chair with a gentle approach.

## HIGH FITNESS DANCE

Expect strong, simple, easy-to-follow choreography with plyometric-type interval training moves. Low, concentrated, full-body toning moves that sculpt your body from top to bottom. Fun, motivating music!

## MUSCLE UP

Are you interested in burning fat, building muscle, increasing strength and stamina? Then this workout is for you. We use various types of resistance with functional movements as well as train the core muscles.

## POP BARRE

Pop Barre is a muscular endurance based workout that fuses strength training, ballet, yoga and Pilates with popular music to create a sweaty, fun and balanced workout.

## POP PILATES

A Pilates based low impact class designed to create muscle balance, core strength, proper body alignment & muscle mechanics. Lengthen and strengthen mind and body. Must be able to get on the floor. Shoes are optional.

## SPINNING

A form of exercise class focusing on endurance, strength, intervals, high intensity and recovery involving a special stationary bicycle in a fun classroom setting. It's not only a great form of cardio that also strengthens and tones the body, but it's also an exceptional way to strengthen your heart.

## STRETCH (30 min)

Stretching improves flexibility and mobility, which helps prevent injuries (in sports and everyday activities) and maintain strength and function later in life. Treat yourself to a 30 min stretch. Your body will thank you.

## TOTAL BODY CONDITIONING

TBC will target every major muscle group with a weight bar, hand weights, and body weight. The cardio segments will challenge your cardio endurance using a step bench and simple choreography. This class is for most every fitness level and can be modified to fit everyone's fitness needs.

## TRX TRAINING

TRX is great for everybody. You can easily change the angle or leverage to fit all levels of fitness and offers lots of challenging variety. Great way to build muscle, increase muscle endurance and core stability.

## YOGA

Yoga focuses on flexibility, strength and balance while improving your posture, breathing patterns and misalignments common for most of the population.

## FITNESS CLASS COST

\$5.00	Single class	\$45.00	10-Pack (no refunds)
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## GROUP FITNESS ETIQUETTE

- \* PLEASE no talking, distractions or cell phone use during classes. Any of these may result in being asked to leave.
- \* Let your instructor know if you are new to a class or if you have limitations.
- \* Admission is "first come first serve".
- \* If you arrive more than 5 minutes after class start time you will not be admitted. Plan to attend the entire class.
- \* Instructors are permitted to restrict class size on the basis of space.
- \* Must be 16 or older to participate in Group Fitness Classes.
- \* We do not allow infants, toddlers, or children in our studios/pools during classes.