

SAMPLE GROUP FITNESS OFFERINGS

AQUA BOOTCAMP

It's Bootcamp in the water. A challenging, **interval training class that mixes a variety of cardio, body weight and strength training** exercises against the resistance and buoyancy of the water. With a new workout every week, these classes are designed to push participants harder than they'd push themselves and always keeps the body guessing. (Intensity Level: Moderate / High)

AQUA DANCE

Dance fitness classes are fun, energetic, and make you feel amazing. Get your groove on and your heart pumping with aqua cardio movements choreographed to the music. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. (Intensity Level: Moderate)

AQUA CARDIO/STRENGTH

A total body workout appropriate for all fitness levels. This low-impact class uses the resistance of the water, aqua dumbbells, and noodles to burn calories, increase muscles tone, and improve balance in and out of the water. (Intensity Level: Moderate / High)

AQUA JOINT MOBILITY

Using the resistance of the water, this class focuses on **reducing pain and stiffness and improving joint mobility and muscular strength and endurance.** Class may include Water Walking at participants own pace to provide a gentle and low-impact cardio challenge while improving core strength and improving balance, coordination and flexibility in the feet and ankles. (Intensity Level: Gentle)

AQUA FUNCTIONAL MOVEMENT

A class of active movement designed to strengthen the muscles used in activities of daily living by utilizing a variety of single and multi-planar exercises to improve balance, correct form, increase muscle definition, improve joint mobility and prevent injuries. (Intensity Level: Moderate)

MOVE, FLEX, STRETCH FOR JOINT MOBILITY

Move, Flex, Stretch provides a beginning level, slow paced, low-impact workout for individuals who are recovering from injury or have chronic joint pain or arthritis. Following the guidelines of the Arthritis Foundations program formally known as PACE (People with Arthritis Can Exercise), the class will incorporate movement, strength, mobility, balance and flexibility exercises to improve body awareness and function in a safe and gentle way. (Intensity Level: Low)

INDOOR CYCLING

Indoor cycling is an excellent way to enhance your cardiovascular fitness and improve your lower body strength. These high energy classes Pedal through hill climbs, sprints, and challenging drills that mimic being out on the open road. Grab a towel and some water and be prepared to sweat! (Intensity Level: High)

HIIT 30

High Intensity Interval Training (HIIT) is a training technique in which you give all-out 100% effort through quick intense bursts of exercise followed by short active recovery periods. HIIT gets your heart rate up and aids in burning fat. Add core and flexibility training to the mix and this class offers a quick and efficient total body workout. (Intensity Level: High)

BARRE FUSION

The best of barre, Pilates, yoga and functional movement fused into low-impact, easy-to-follow movements to shape and tone your body. Light hand weights, bands, balls, and body bars are used to emphasize control of the body, to assist with proper form and technique and to improve balance, muscular strength and flexibility.

(Intensity Level: Moderate)

FUNCTIONAL STRENGTH

Functional Strength focuses on joint mobility, core stability and the strength of muscles used in activities of daily living. Utilizing a variety of single and multi-planar exercises to work through the basic movement patterns of pushing, pulling, bending and rotating, this class aids in improving balance, correcting form, increasing muscle definition, enhancing neuromuscular strength and preventing injuries.

(Intensity Level: Moderate)

BOOTCAMP

A strength and conditioning **class that utilizes traditional strength training, plyometrics, calisthenics, and body weight exercises** to challenge participants of all levels to seek their personal best. With a new workout every week, these classes are designed to keep your body guessing.

(Intensity Level: Moderate / High)

ZUMBA

Dance fitness classes that are fun, energetic, and make you feel amazing. Zumba **combines Latin and international music with dance moves.** Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Join the Party!

(Intensity Level: Moderate /High)

TRANS4MATIONS

No matter what sport or athletic activity you do, athletic conditioning will make you better at it. Resistance training helps build basic muscle strength. Stretching and myofascial release increases flexibility and improves range of motion. And stronger, more flexible muscles boost endurance and help prevent injury. Peak Performance is a class that is designed to enhance your form, to help you move better and to help you feel better when doing the activities that you love.

(Intensity Level: Moderate)

FLOW YOGA

(75 minute class)

Flow yoga moves participants dynamically through an energizing sequence of poses focused on stamina, strength, and breath. This continuous flow of movement and breath generates a meditative state, encouraging practitioners to let go of thought and focus on experiencing the present moment. In flow yoga, each movement into or out of a posture is timed with the natural rhythm of your breath. Each class will be dynamic in nature with a varied emphasis and series each week and will conclude with a restorative series incorporating gentle stretches to improve flexibility and alleviate stress. (Intensity Level: Moderate)

CHAIR YOGA

Chair Yoga brings the best of a yoga practice to those who require or prefer the support of a chair. Students will explore versions of twists, hip stretches, forward bends and mild backbends. The class helps participants stay healthy, vibrant and confident by focusing on developing small and large muscle groups, stretching, balancing [beside or behind the chair] and strength building. Chair yoga classes help maintain mobility, improve flexibility, cultivate mindfulness and increase body awareness. (Intensity Level: Gentle)

RESTORATIVE YOGA

Restorative Yoga is a gentle and mindful practice incorporating breath work, movement, and deep stretching. Gently "meeting" the body and exploring its possibilities through stretching and softening of the muscles, fascia and connective tissues of the shoulders, hips, pelvis, and spine. This is a floor-based yoga practice that uses a variety of rehabilitative techniques and the use of bolsters, blocks, and other prop to encourage better postural alignment, release of muscular tension and relaxation. Other benefits can include slowing down the mental activity of the brain, shifting emotional patterns, slowing the breath, and helping you tune into the nervous system's healing capacity. (Intensity Level: Gentle)

YIN YOGA

Yin Yoga is a gentle and relaxing yoga class suitable for all levels of fitness. This class will help to relax and lengthen the muscles, fascia and connective tissues of the shoulders, hips, pelvis, and spine. This is a floor-based yoga practice that uses bolsters, blocks, and other props along with passive poses that are held for longer periods of time, allowing you to fully relax into each pose. Other benefits can include slowing down the mental activity of the brain, shifting emotional patterns, slowing the breath, and helping you tune into the nervous system's healing capacity. (Intensity Level: Gentle)

WEEKLY HEALTH COACHING CIRCLE

Health Coaching Circles meet weekly in the Partners Room to discuss topics related to health and well-being; to learn practical and effective strategies to facilitate positive lifestyle change; and to identify action-oriented steps to begin working toward personal health and wellness goals. Each week a different topic of health and well-being is discussed.