

# Class Descriptions

Please consult your physician before participating in any fitness program. Classes and instructors are subject to change. Please contact the Group Exercise Coordinator with any questions. \*AOA classes are recommended for our 55+ active older adults.

<p><b><u>ASHTANGA YOGA</u></b> This intermediate to advance class involves synchronizing the breath with a progressive series of postures to provide and intense heat and detoxify muscles and organs. The result is improved circulation and a strong body.</p> <p><b><u>BOOTCAMP</u></b> Challenging exercises with a hard motivating attitude. Not recommended for AOA</p> <p><b><u>CARDIO CHALLENGE</u></b> This class combines athletic training, kickboxing and total body conditioning for those who want an easy to follow hardcore workout!</p>	<p><b><u>CIRCUIT TRAINING</u></b> Join us in our Healthy Start Room for a combination of cardiovascular and endurance while using all the equipment in one minute intervals with the supervision and motivation of an instructor.</p> <p><b><u>CYCLING</u></b> Join us for a different ride every class. Cycling in an interval training class that helps you improve your cardiovascular health. First time? Please arrive early for bike set up. Water and towel required.</p>	<p><b><u>DANCE CORE</u></b> This class will focus on core/abs exercises to challenge the abdominals, followed by a fun dance routine.</p> <p><b><u>FITNESS HULA</u></b> A combination of Tahitian dance, hula and aerobics. You will learn basic steps and dance routines.</p> <p><b><u>H2O</u></b> (All Levels) *AOA welcome This non-weight bearing, low impact exercise &amp; resistance class is especially good for anyone recovering from an injury or beginning an exercise program. Aqua bells, noodles and other swim equipment may be used.</p>	<p><b><u>GENTLE H2O</u></b> This exercise class will take you through gentle movements that help maintain and increase flexibility, mobility and range of motion.</p> <p><b><u>ATHLETIC H2O</u></b> This class offers a higher-intensity work-out that is a great cross-training option to compliment any land workout.</p>
<p><b><u>HIP HOP</u></b> This class is a combination of easy to learn hip-hop dance moves choreographed to high energy and motivating music. It's a great cardiovascular challenge! Does not require previous dance experience.</p> <p><b><u>PILATES</u></b> This mat class consists of introductory through intermediate level exercises with thorough explanation and demonstration. Through a precise Pilates workout; one will see marked improvement in strength, balance, flexibility, muscle tone and posture.</p>	<p><b><u>PIYO</u></b> This class is an athletic blend of Pilates, yoga and so much more. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels of participants.</p> <p><b><u>RESISTANCE TRAINING</u></b> Workout all major muscle groups with weights and resistance bands.</p>	<p><b><u>SILVER AND FIT II</u></b> (All levels) *AOA welcome Great class for our active older adults. This class combines social interaction with cardiovascular and strength exercises to improve total health. This class can be done seated or standing and uses weights, bands and other equipment.</p> <p><b><u>STEP INTERVAL</u></b> A basic step class...no fancy moves...no difficult choreography. The intensity is determined by the participant. Intervals of resistance training, drills, or plyometrics are interspersed between stepping.</p>	<p><b><u>STRETCH &amp; RELAX</u></b> (All) *AOA Welcome This class incorporates basic stretching techniques to increase muscular flexibility, improve joint range of motion and alleviate overall stress &amp; tension. Exercise balls or other props may be used. <b><u>RELAX:</u></b> will use similar techniques, while focusing more on deeper meditation and relaxation. <b><u>Tae Kwon Do:</u></b> This is a Korean martial art that teaches students punching and kicking techniques with discipline and motivation. Classes open to adults and children. <b>Please see instructor for more details and class placement.</b></p>
<p><b><u>TAI CHI</u></b> Evidenced based, easy tai chi forms endorsed by the Arthritis Foundation. Class focuses on slow, controlled movements, proper posture and weight transfer, and breathwork promotes "jing", serenity</p> <p><b><u>TURBOKICK</u></b> A beginner/intermediate class to introduce kickboxing. This class will combine martial arts movements with conventional aerobic dance moves to make a great cardiovascular and total fitness workout.</p>	<p><b><u>TOTAL BODY CONDITIONING</u></b> (All Levels) *AOA welcome This class is a total body workout incorporating hand weights, bands, balls and your own body weight as resistance. It is a workout targeting all of the major muscle groups including the abdominals and the major muscles of the back. The goal is to incorporate core and functional strength.</p>	<p><b><u>VINYASA YOGA</u></b> (All Levels) *AOA welcome Yoga means to "bring together" or unite. This yoga class uses gentle poses to improve upon posture "asana", strength, flexibility and mental focus. Focus on the breath (ohm) for relaxation brings together the connection of the mind, body &amp; spirit.</p> <p><b><u>ZUMBA</u></b> Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness class. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to sculpt and tone the body while burning fat.</p>	<p><b><u>ZUMBA GOLD</u></b> All the fun and energy of zumba in a class designed for the active older adult and beginner.</p> <p><b><u>ZUMBA TONING</u></b> This class is an innovative muscle training program with the addition of light weight toning sticks. Its an exciting, Latin inspired, dance 'n tone program.</p>