

**LIQUID LEVELS\*** - This aqua class focuses on 3 different 'liquid levels' in the pool, all derived from specific movement unique to the water; rebounding, neutral and suspended. Expect a blend of cardio, strength and balance for a well-rounded workout. All fitness levels are welcome.

**H2O FIT\*** - Water is a wonderful environment for exercise. This class provides the healthful benefits of cardio and strength exercises while reducing the impact experienced on land.

**FLO-YO\*** - This aqua class is the perfect blend of cardiovascular and flexibility training. Flo-Yo is a unique workout that kicks off with a cardio challenge and is then followed by yoga inspired postures. Jump into the pool and improve your endurance, range of motion and balance.

**RENEW YOGA\*\*** - This relaxing class will leave you feeling calm and rejuvenated, including both stretching and restorative yoga. Appropriate for all levels, new-comers can stretch gently, while more seasoned practitioners can progress to deeper stretches. Props will be available for extra support and relaxation.

**POWER YOGA\*\*** - A vigorous, fitness-based vinyasa-style class guaranteed build strength and endurance. This class emphasizes muscle building skills and flexibility through assorted progressions and concludes with floor stretching and mindful breathing.

**WIND DOWN YOGA\*\*** - A yoga experience designed to help you wind down and ease out of daily stress. Practice postures that center thoughts and focus. Unwind and invite peaceful relaxation.

**HATHA YOGA\*\*** - This class begins with a slow flow of postures then moves into a variety of sequences designed to promote a healthy spine and joint health. The class then concludes with a restorative series of deep, relaxing floor postures and breath exercises designed to promote relaxation and a sense of balance and well-being.

**YOGA FLOW\*\*** - This class introduces more challenging aspects of Vinyasa practice. The flow of yoga postures brings strength gains and mind body focus for improved wellness.

**TAI CHI** - Integrate your mind and body emphasizing breath and mental focus. Tai Chi is well known for its healthful support of strength, flexibility and balance. Quiet your mind, reduce your stress and enhance energy.

**KARATE** - This structured class focuses on a martial arts blend of Tae Kwon Do and Aikido. This non-contact class is designed to ensure the movement is safe and effective for all students, including older adults.

**POWER PUMP** - A barbell training class designed to build strength and muscle. With the ability to change the resistance load quickly, this class will not only build muscle it will burn fat.

**POWER CYCLE** - A cardiovascular workout on indoor Spinning® bikes. Instructors coach you on various road profiles. New students are advised to arrive early to get fitted on a bike properly.

**MUSCLE MIX** - Challenge muscular strength, endurance and balance through a variety of exercises incorporating dumbbells, resistance tubes, platforms & other small apparatus.

**PILOXING-** Piloxing® is an interdisciplinary system of incorporating boxing, dance and standing Pilates principles. The combination of these as primary exercise components creates a sense of balance that requires both physical and mental stamina. Burn maximum calories, build lean muscle and increase your fitness level with Piloxing®!

**20-20-20** - A high energy workout that gives equal time to cardio, strength and stretch exercises (20 minutes dedicated to each). This dynamic class is dedicated to improving all the components of fitness.

**BEAT-** This hybrid fitness class uses drum sticks to pound out the 'beat' and work up a sweat! In addition to drumming you'll fire up your muscles for a stronger leaner body using various pieces of equipment. Class concludes with a full body stretch; floor exercises will be included.

**BENCH- BOX & BURN** - Step and kickboxing are combined for a dynamic cardio workout. The class is equally divided between step aerobics and heart pumping punches and kicks followed by abs and flexibility training.

**CARDIO REMIX** - This dynamic fitness fusion incorporates traditional boxing elements, cardio dance moves, and body weight training...no equipment necessary! This class welcomes all fitness levels.



Zumba's high energy music blends the rhythms of salsa, meringue, cumbia with reggae ton and hip hop to bring you a dance style cardio workout like never before.



Zumba Toning combines body-sculpting exercises with high-energy Zumba dance moves. Use lightweight, maraca Toning Sticks to enhance rhythm and tone muscles. *Toning Sticks are not required to participate.*

*\*Aqua Classes limited to 25 participants, when necessary sign-in is required at the front desk one hour prior to class start time.*

*\*\*Mats are limited. It is recommended to bring your own*

