

Cardio • Dance • Mind • Strength • Water • Older Adult

- ◆ **Barre:** Sculpt and strengthen your entire body in a challenging workout using the barre, your own body weight, and light free weights to define your body and increase flexibility. *All levels welcome. Ages 13 & up.*
- ◆ **Small Group Training/Advanced:** This high energy class utilizes various areas of the facility for heart-pumping cardio drills, plyometrics, calisthenics, and strength training. *Advanced. Ages 13 & up.*
- ◆ **Small Group Training:** This interval training class includes bursts of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns for maximum calorie burn. All levels welcome. *Ages 13 & up.*
- ◆ **Cardio, Kick & Core:** Incorporates kick, jab, hook and uppercut combinations to improve overall agility and power. This non-contact workout features various cardio and strength drills followed by core work. *All levels welcome. Ages 13 & up.*
- ◆ **Cardio Water Fit:** Follow choreographed movements to improve cardio, balance, coordination, flexibility, and range of motion in this medium intensity, shallow water class. Swimming ability is not required. *All levels welcome. Ages 10 & up. Parent attendance required ages 10-12.*
- ◆ **The Ride Intervals:** Combine the cardio with strength training on and off the bicycle in a heart-pumping workout. *All levels welcome. Ages 13 & up.*
- ◆ **Deep Water Workout:** This medium to high intensity, deep water class challenges your core muscles and provides an effective cardio workout without the stress to your joints. Belts are worn in this class for neutral buoyancy. Participants should feel comfortable in deep water. *All levels welcome. Ages 10 & up. Parent attendance required ages 10-12.*
- ◆ **Deep Water Workout & Fins:** Combine 40-minutes of a deep water workout followed by 20-minutes of finning in this medium to high intensity class. Challenge your core muscles to maintain your body's position and get an effective cardio workout without the stress to your joints. Belts are worn in this class for neutral buoyancy and fins are provided for a more intense workout. Participants should feel comfortable in deep water. *All levels welcome. Ages 10 & up. Parent attendance required ages 10-12.*
- ◆ **Forever Fit / Pilates:** Improve balance and posture as you strengthen core muscles through controlled movements that increase stability and functional movement. *All levels welcome. Ages 55 & up. Forever Fit classes are \$1 with membership.*
- ◆ **Forever Fit / Water:** Move through a series of exercises, in the Leisure pool, designed to increase range of motion, flexibility, and strength. Moderate aerobic exercises are added to slowly increase cardiovascular fitness. *All levels welcome. Ages 55 & up. Forever Fit classes are \$1 with membership.*
- ◆ **Forever Fit / Yoga:** Improve flexibility with yoga postures utilizing a chair to keep balance and relax through breathing techniques. *All levels welcome. Ages 55 & up. Forever Fit classes are \$1 with membership.*
- ◆ **Forever Fit Intervals / Mat:** This class features strength training in a fun group setting using weights, resistance bands, mats, and chairs to help balance. This class will end with mat work on the floor. *All levels welcome. Ages 55 & up. Forever Fit classes are \$1 with membership.*
- ◆ **Hatha Yoga:** Learn the foundations of yoga with this class through a series of simple poses building strength, flexibility, and body awareness. Hatha Yoga is good for new students as well as those seeking to gain a deeper understanding of the yoga practice. *All levels welcome. Ages 10 & up. Parent attendance required ages 10-12.*

- ◆ **Hatha/Yin Yoga:** Lengthen your muscles and target the connective tissue with the foundations of a gentle Hatha Yoga combined with holding poses 3-5 minutes in a meditative nature of Yin Yoga. All levels welcome *Ages 10 & up. Parent attendance required ages 10-12. *Recommend bringing a small blanket and/or pillow to class.*

- ◆ **LES MILLS BODYFLOW™:** Controlled breathing, concentration and stretches, moves, and poses combining yoga, Tai Chi, and Pilates strengthen your entire body. You'll leave the class feeling calm and centered. *All levels welcome. Ages 10 & up. Parent attendance required ages 10-12.*

- ◆ **LES MILLS BODYPUMP™:** BODYPUMP is the original barbell class that shapes, tones, and strengthens your entire body. The key to BODYPUMP is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning! *All levels welcome. Ages 13 & up.*

- ◆ **LES MILLS BODYPUMP™ 45:** Enjoy a 45-minute express class of the original barbell class that strengthens your entire body. The key to BODYPUMP is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning! *All levels welcome. Ages 13 & up.*

- ◆ **LES MILLS CXWORX™:** Enjoy a 30-minute core workout using resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. Hip, glute, and lower back exercises are also incorporated into this workout. *All levels welcome. Ages 13 & up.*

- ◆ **LES MILLS GRIT™:** Take your fitness to the next level! GRIT is a 30-minute high intensity interval training program that takes your energy levels into overdrive to go hard, push harder, and get super-fit, super-fast. *Advanced. Ages 13 & up.*

- ◆ **LES MILLS SH'BAM™:** This 45-minute class is a unique aerobic workout featuring 12 tracks of popular hits and simple but seriously hot dance moves. SH'BAM® is the perfect way to shape up and let out your inner star — even if you have no dance experience. *All levels welcome. Ages 10 & up. Parent attendance required ages 10-12.*

- ◆ **LES MILLS TONE™:** Tone your entire body in this 45-minute workout with a combination of strength, cardio, and core training. The challenging mix of lunges, squats, running, and tubing exercises will help you take your fitness to the next level. *All levels welcome. Ages 13 & up.*

- ◆ **Pilates:** Build core strength and flexibility through a series of non-impact exercises. Increase your agility, help prevent injury, and improve your posture with Pilates. *All levels welcome. Ages 10 & up. Parent attendance required ages 10-12.*

- ◆ **Restorative Yoga:** Achieve physical, mental and emotional relaxation with the aid of props. The use of props makes it easier to maintain balance while you are stimulating and relaxing your body in this 30 minute class. *All levels welcome. All levels welcome. Ages 10 & up. Parent attendance required ages 10-12.*

- ◆ **SilverSneakers® BOOM:** Get one hour of strength training, flexibility, and cardio. Enjoy dance steps from every era in a great cardio workout, build muscle with athletic moves taken from your favorite sports like golf and tennis, and practice mindful breathing and engage your core with movements similar to yoga and Pilates. *All levels welcome. Ages 65 & up.*

- ◆ **SilverSneakers® Classic:** Focus on strengthening your muscles and increasing your range of movement for daily life activities. A chair is used for seated and/or standing support. *All levels welcome. Ages 65 & up.*

- ◆ **Tabata:** Give your all for 20 seconds followed by 10 seconds of rest and repeat. This interval class combines cardiovascular and strength exercises. *All levels welcome. Ages 13 & up.*

- ◆ **The Ride:** Challenge your lower body with this cardio workout. Vary your intensity level by using your bicycle's resistance knob. *All levels welcome. Ages 13 & up.*

- ◆ **TRX®:** Develop strength, balance, flexibility, and core stability in this suspension training body weight class. *All levels welcome. Ages 13 & up.*

- ◆ **TRX® Boot Camp:** Focus on strength, endurance, and cardio intervals for a total body challenge both on and off the TRX frame. *Intermediate-Advanced. Ages 13 & up.*

- ◆ **TRX® & Pilates:** Focus on strength, endurance, and agility suspension training for 30-minutes followed by 30-minutes of non-impact exercises to develop strength, flexibility, balance, and inner awareness. *All levels welcome. Ages 13 & up.*

- ◆ **Vinyasa Yoga:** Connect with the breath and flow through a series of postures to increase strength, flexibility, endurance, and balance. Vinyasa Yoga is good for physically active students who are looking to incorporate yoga into their regular fitness regimen. *All levels welcome. Ages 10 & up. Parent attendance required ages 10-12.*

- ◆ **Yoga 30:** Practice the foundations of yoga with this 30-minute class. You will be guided through a series of basic poses allowing you to work at your own level to build strength, flexibility, and body awareness. This class is great for those who are short on time or need additional stretching after a workout. *All levels welcome. Ages 10 & up. Parent attendance required ages 10-12.*

- ◆ **Yoga Kids:** Children will learn how to focus and center themselves through breathing techniques, simple yoga poses, partner poses and fun yoga games. *All levels welcome. Ages 6-12.*