

## **Class Descriptions:**

**Total Body Fitness** – Make your body your machine! Perform hundreds of exercises that build power, strength, flexibility, balance, mobility, & prevent injuries.

**BootCamp** – Intervals of cardio & Strength conditioning drills to firm you up while slimming you down. This high energy workout incorporates athletic movements such as plyo-metrics, performance drills, & easy to follow boxing drills. BootCamp is easily modified to suit all fitness levels.

**Cycle** – This all levels class is geared to both novice & veteran riders. You will experience athletic, adrenaline pumping, cycling drills all done to music within a group setting. If new to this class, come a little early to receive a personalized bike fit. Don't forget your water bottles...hydration is essential while riding.

**Cycle/Strength** – This is a GREAT combo class that combines cycle with strength conditioning. We start with a 30- minute bike ride and finish the class with strength and core conditioning. This well rounded workout will in gage the cyclist in you while building strength.

**Forever Fit** – A low impact cardiovascular & strength workout that is designed for the older adult, pre/post-natal, de-conditioned, or post injury adult.

**Aqua Moves** – This is a non-impact class which focuses on functional movement in shallow water. Movement will focus on strength, cardiovascular fitness, balance/coordination, & flexibility. This workout is suitable for all fitness levels.

**Chair Yoga** - With a chair for support, this class challenges the body and mind through strengthening, stretching, and breathing. Members' flexibility, muscle tone, and spinal awareness will improve, adding to the quality of everyday movements as well as to members' other fitness pursuits. This class is for those who have issues getting up and down from the floor and prefer a chair for their main seat, and is appropriate for all fitness levels.

**Power Yoga** – Power Yoga is the dynamic mix of sweat and surrender which will challenge you to your edge and encourage you to reach your true potential in all your fitness endeavors. It is a series of postures that flow from one to the next, on breath. Modifications offered for less intense and more advanced pose options. The strength, flexibility, and mindfulness you cultivate in Power Yoga will enhance your total fitness program. The class begins and ends with breath awareness.