



## LAND CLASS DESCRIPTIONS

**BEGINNER YOGA** - This class introduces yoga principles of body alignment and breath work in a flow of postures. Students will learn yoga postures/asanas through verbal descriptions and demonstrations. Gradually, poses will be linked together into a variety of sequences with an emphasis on safety and stability using props. A class for those new to yoga or for those looking to further their fundamental yoga understanding. (60)

**BODYBLAST** - A cardio/strength class incorporating high intensity work periods with short rest periods. It combines muscle building benefits of resistance training using a variety of equipment and/or your own body weight with fat burning benefits of cardio interval training. The combination will burn fat, build strength and ramp up your metabolism! Exercises change weekly to challenge your fitness level. (45)

**BODYATTACK™** - A sports-inspired cardio workout that focuses on building strength & stamina. This high-energy interval training class combines athletic aerobic movements with strength & stabilization exercises. Dynamic instructors & powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor. (55/Ex is 45)

**BODYCOMBAT™** - An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts & draws from a wide array of disciplines, such as karate, boxing, taekwondo, Tai Chi & Muay Thai. Supported by driving music & powerful instructors, you strike, punch, kick & kata your way through calories to superior cardio fitness. (55/Ex is 45)

**BODYFLOW™** - This Yoga/Tai Chi/Pilates workout builds flexibility & strength, leaving you feeling centered & calm. Controlled breathing, concentration & a carefully structured series of stretches, moves & poses to music create a holistic workout that brings the body into a state of harmony & balance. (55/Ex is 45)

**BODYPUMP™** - The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts & curls. Great music, awesome instructors & your choice of weight inspire you to get the results you came for - fast. (60/Ex is 30-45)

**BODYSTEP™** - The energizing step workout that makes you feel liberated & alive. Using a height-adjustable step & simple movements on, over & around the step you get huge motivation from music & instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape & tone your body. (55/Ex is 45)

**BUTTS & GUTS** - Get a killer workout in this class specifically designed to target those "hard to get areas." Your workout will be focused on core & glute muscles ensuring great results. (45)

**CARDIO CONFUSION** - Take charge of your day with this balanced workout combining cardio & strength exercises. You'll move through a series of drills & stations using weights, bands, balls, stairs & track. (45)

**CIZE** - Cize teaches professionally choreographed dance routines with moves you can take anywhere! Instructors break down the moves step-by-step and gradually add on until you and your new dance crew can bust out the whole routine at the end of each class. The moves might seem easy

to learn, but don't be fooled - Cize is a workout! Participants will get cardiovascular conditioning, core strengthening and overall muscle toning - all at once! (30)

**CLASSIC STEP** - Stepping up and down on an adjustable height platform is the basis of Step Aerobics. Intensity is controlled by adjusting the height of the step as well as the amount of arm movements. This class takes us back to the classic step aerobics classes of the early 90s featuring simple, yet fun choreography featuring the Basic Step, V Step, Turn Step, L Step, and more! (30)

**CORE CHAIR YOGA** - Chair yoga is a revolutionary concept designed to make the numerous benefits of classical yoga available to a wider range of physical abilities. These modifications make yoga accessible to people who lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual yoga poses are retained, no matter the stance of the practitioner. (60)

**CXWORX™** - Hone in on the torso & sling muscles that connect your upper to lower body. This class is ideal for tightening your tummy & butt, while improving functional strength & assisting in injury prevention. It'll help you run faster, play harder & stand stronger. (30)

**GENTLE HATHA YOGA** - A slower paced class focusing on breath work, gentle stretching, relaxation and mindfulness all which allow the body and mind to restore and replenish. Build strength and increase your range of motion. Each class includes classic yoga postures with modifications as needed. Floor and standing postures are part of the class. Appropriate for all fitness levels. (60)

**HATHA YOGA** - This yoga concentrates on physical health & mental well-being. It uses bodily postures (asanas), breathing techniques (pranayama) & meditation (dyana) with the goal of bringing about a sound, healthy body & a clear, peaceful mind. (60)

**HATHA YOGA SLOW FLOW** - Create strength, stability, and flexibility to support the whole body by incorporating breath with movement in a slower paced flow class. Enjoy Sun Salutation variations along with traditional yoga poses to build gentle heat throughout the body. Each class ends in the relaxation pose Savasana. Occasional use of props may be incorporated. All levels welcome. (60/Ex is 45)

**INSANITY™** - INSANITY uses max interval training, which replaces traditional moderated-intensity exercise with maximum-intensity exercise, & trades short intervals of intensity for short periods of rest. INSANITY's high-intensity activity forces the body to work for longer periods of time at a higher capacity, than traditional workouts. As a result, people experience faster increases in cardiovascular fitness & burn carbohydrates & fat more efficiently - as much as 1,000 calories per hour! (30-50)

**NIA** is an expressive, calorie burning dance fitness class that combines movement forms from Dance Arts (Jazz, Modern), Martial Arts (Tae Kwon Do, Tai Chi), and Healing Arts (Yoga). Nia uses expressive cueing and powerful music to enhance the whole mind and body experience. No previous dance or martial arts experience is required, Nia is for everyBODY! (40-50)

**PIYO** - This class incorporates Pilates and yoga-inspired moves, at a cranked up speed to give you full throttle cardio, strength & flexibility training. It is a high intensity, low impact workout designed to build strength & gain flexibility while burning more calories. (45)

**POUND** - Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, Pound® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements. Designed for all fitness levels, Pound® provides the perfect atmosphere for letting loose, getting energized, toning up, and rockin' out! (30)

**QJ GONG** - This class is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement and building awareness of how the body moves in space. Emphasis is placed on breathing and increased efficiency in how the body produces and uses energy. (30)

**RPM™** - An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. (45/Express is 30)

**RAPID FIRE** - A combination of training styles including sports drills, speed work, agility, stations, plyometrics, strength and cardio to maximize your results and increase coordination. Cut your workout time in half and burn more calories before and after exercise. (45)

**R.I.P.P.E.D.** - The One Stop Body Shock®, R.I.P.P.E.D. is a fitness program that encompasses all aspects of physical fitness. R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance, and Diet. The first five components are taught in a 50 minute class, while the last component, Diet, can be found at [www.rippedplanet.com](http://www.rippedplanet.com). This class is designed for all fitness levels, allowing a gym novice and trained athlete to both feel an intense full body workout. (50)

**ROCK BOTTOM HARD CORE** - Get rocked in this stability-emphasized workout that focuses on your core muscles while you get toned. The combination of aerobic training coupled with weights & the stability ball will ensure results. (45)

**SENIOR CARDIO** - Increase your cardiovascular & muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles & a Silver Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching & relaxation exercises. (45)

**SILVER SNEAKERS CARDIO** - Increase your cardiovascular & muscular endurance with a standing circuit workout. Upper-body work with hand-held weights, elastic tubing with handles & an SS ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching & relaxation exercises. (45)

**SILVER SNEAKERS CLASSIC** - Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement & activities for daily living. Hand-held weights,

elastic tubing with handles & a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support. (45)

**SPINNING** - Johnny G's famous & the original cycling program. Ride through several drills for a great conditioning program for your outdoor ride, burning tons of calories in the process. (45)

**STRENGTH TRAINING** - With a mixture of weights, resistance bands, and body weight training, this class will challenge you in a different way every single week. There is instruction on proper form for all exercises, as well as a varied routine of functional strength training to get maximum results. (60)

**STRETCH CLASS** - Stretching to help reduce the risk of injury & prevent muscle soreness. (30)

**TAI CHI / INTERMEDIATE TAI CHI** - The art & science of breathing techniques, gentle movement & meditation to cleanse, strengthen & circulate the "Chi" (life and energy) while also improving balance, flexibility & range of motion. (30)

**TONE UP** - A total body toning & sculpting class utilizing body weight, resistance bands, weights & more! A new format every week that is sure to challenge & shape your muscles. (60)

**VINYASA YOGA** - The focus of this class is to create a lithe, conscious, athletic body utilizing yoga postures & transitional movement for strength, stamina, fluidity & balance. Learning to move with grace & poise, creating supple muscularity for greater range of motion & freedom of movement while unlocking your joints & strengthening connective tissues. Discover a new edge in this flowing sequenced yoga class set to motivating music & hands-on adjustments. (45-60)

**WALKING STRONG** - Get your daily steps in! Enjoy a quick, 30 minute brisk, low impact cardio workout while walking in place to easy choreography set to energizing music. Improve your mood, strength, balance, and stamina while reducing stress, high blood pressure, and more. Light hand weights will be used and are optional. Warm up and cool down are a part of this class. (45)

**YIN YOGA** - This class consists of passive floor yoga postures that are held for extended periods of time (2-4 minutes). Yin yoga works on connective tissues, bones, ligaments, joints and increases range of motion and flexibility primarily in the hips, pelvis and lower back. Experience a relaxed body and a calming mind. This can be a great class after any cardio, strength training, or regular yoga class, open to everyone. (60)

**YIN YANG YOGA** - Balance your energy, mind and body. Yin Yoga focuses on longer held floor postures that increase flexibility to the connective tissues, ligaments and joints. Yin is quiet and calming to the body and mind. Yang Yoga is the opposite of Yin. It's a more active, flowing practice of traditional yoga poses meant to focus on warming and strengthening the muscles. This class brings the balance of both in one class. Each week we will either start with Yin or Yang. Class ends with Savasana. Some Yoga knowledge is helpful. (60)

**YO CHI POWER SENIOR** - This class begins with 20 minutes of yoga (sitting or standing next to a chair for support), that will help participants gain strength, flexibility and balance. The middle part of the class helps participants build strength with small weights, resistance bands and small medicine balls. Finally for the remainder of the class, participants gain range of motion as they do a variety of Tai Chi movements while either sitting or standing next to a chair. (60)

**YOGA** - This form of yoga has an emphasis on detail, alignment, strength & flexibility. The use of props allows participants to do poses correctly, minimizing instability & strain. (60)

**YOGA FUSION** - Hatha Yoga is combined with Pilates movements that strengthen and tone the core. (60)

**ZUMBA** - This Latin-based fitness craze will burn calories while you dance simplified Latin steps. Sculpt your way to sexy legs & hips as you re-energize in a fun party atmosphere. (30-60)

**ZUMBA GOLD** - This brand-new system is for anyone, any age & any ability level. This is the newest fitness dance routine created by Alberto Betto Perez. This program is designed for participants with very little exercise experience (real exercise beginners, so to speak), individuals who have physical limitations or inactive older adults. The system was created to be easier than the basic, but just as much fun. The moves have been carefully designed to be easy to follow by individuals of any size or age. (40-45)

**ZUMBA TONING** - This workout combines body-sculpting exercises & high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training fitness dance party. Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm & tone all target zones, including arms, abs & thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. (30-60)

**AQUA BOOTCAMP** - A class guaranteed to give you a workout! Using intervals of varying intensities, along with weights and noodles, this class offers a challenging and fun circuit based workout suitable for all levels. (45)

**AQUA DYNAMICS** - An upbeat, full-body workout for all fitness levels. Full range of cardio, strength & balance training along with toning techniques & core alignment practices. (50)

**AQUA FIT MIX** - A variety of dynamic & energetic combinations of aerobic fitness exercises. Offering a different mix of exercises and equipment, each class feels new and fresh. This class focuses on building cardiovascular endurance, muscle tone, and flexibility. (50)

**AQUA FOREVER FIT** - Move your body through a complete series of movements in the warm therapy pool designed to increase flexibility & balance, while improving your range of motion. A perfect aquatic program for those with stiff or sore joints or who are healing from an injury. (45)

**AQUA FUSION** - A blend of Yoga, Qigong & Pilates principles brought to the soothing water. This is a class where you can gain a sense of calming, muscle strengthening & lengthening, & stress-relieving techniques - while working in a dynamic, flowing environment - the pool. You will improve balance & coordination and feel energized & relaxed. (40)

**AQUA KICKBOXING** - A class that provides all of the excitement, intensity & benefits of kickboxing, but without the pressure on your joints. A great way to combine strengthening exercises with endurance drills to improve your cardiovascular stamina & get a great total body workout. (40)

**AQUA PUMP** - A workout that will utilize your entire body by strengthening your muscles & keeping your heart rate pumping. This a high intensity class will challenge you, while still offering low impact movements. (60)

**AQUA TABATA** - This class is a combination of cardio, strength and body weight workouts. Mixing it up between circuit training, tabata training, weight training and core exercises, you'll experience 20 seconds of high intensity training followed by 10 seconds of rest. This class is very much a work at your own maximum, so all fitness levels can benefit. (45)

**AQUA TAI CHI & QI GONG** - Tai Chi is a low to non-impact movement practice with movements stemming from martial arts. It helps promote balance, flexibility, stamina and endurance. Health benefits range from lower blood pressure to memory enhancement, detoxification and joint health. Traditional movements will be used and modified to be practiced in the water. All fitness levels welcome. (30)

**AQUA ZUMBA** - Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting & hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula & philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning & most of all, exhilarating beyond belief. (45)

**HYDROFIT** - An energetic, full-body workout combining cardio, strength, toning and balance exercises designed to challenge the body without over-stressing the joints. (45)

**MEMBER & CHILD OPEN SWIM - Saturdays from 1:30 - 5:00 p.m.** - The swimming pool is open to children ages 6 months - 13 years who must be accompanied by a parent at all times.

**WATER IN MOTION - WATERinMOTION®** is the groundbreaking aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tightens and tones the entire body. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this water extravaganza. (45-55)