

Class Descriptions

Aqua Therapy: consists of gentle movements while targeting flexibility through range of motion exercises to help restore and maintain mobility.

Aqua Fit: This is a water alternative to the H.I.I.T class. It consists of high energy intervals without putting any excess pressure on the joints.

These classes are designed to increase flexibility, stability, and total body toning while providing an aerobic workout without wear and tear on your joints.

Ball Fit : This is a multi level core training class that will define and tone muscles and increase flexibility utilizing the stability ball.

Barre Balance/ Barre Burn: This class will incorporate work on the Ballet Barre. Think increased overall core strength, and greater stability, and flexibility. The class requires no previous experience. **Barre Burn** will include use of light weights, high intensity thigh and seat isometrics, and ab work on the mat.

Bootcamp: This is the ultimate calorie burning workout, which combines the best of cross-training conditioning with speed drills, plyometrics, and power exercising. A complete workout with the benefits of camaraderie and social support. All levels welcome.

Cardio Chisel: The focus of this class is mixed impact options using jump rope, plyometrics, and boxing elements to help improve strength, coordination, balance, and muscle definition.

Cadio Fusion: This class includes cardio, strength and flexibility moves. It is a fusion of different dance styles and music. The perfect class for all levels of fitness.

Chair Yoga: This class will introduce you to traditional yoga postures modified to be performed mostly in a chair or using the chair as a prop.

Core & More/Abs/Mat Pilates: This class focuses on exercises to strengthen core muscles using a variety of tools such as the balance ball and resistance bands. All **Mat Pilates** exercises will be performed on the floor.

Kickboxing: This is a combination of intense kickboxing and dance moves. The class has a unique blend of intervals of strength/endurance training, and a relaxing cool down. It requires no previous kickboxing experience

Line Dancing: This class uses a variety of music genres with sequencing step patterns. Have fun while improving your balance, strength, and memory without even realizing that you are exercising.

Pop Pilates: Using your own body weight, you will increase flexibility, strengthen your core, posture, alignment, and improve circulation all while slimming muscles instead of building bulk. Expect classical Pilates moves mixed with push-ups, squats and other strength/toning exercises all set to Pop music.

Sit & Fit/Sit & Stand*/Silver Sneakers: This class is designed to increase strength, cardio endurance, and range of motion in a low-impact format. A chair is used for seated or standing support. *advanced/limited to 30 participants

TBC: (Total Body Conditioning): This class targets strengthening every major muscle group using weights, bands, and bars while keeping you in your target zone.

Zumba/ReFit*: This is an exciting class that fuses Latin music and easy to follow moves using fast and slow rhythms to sculpt and tone your body while burning fat. *ReFit: Current Pop Music*



Group Exercise

Fall 2014
August 11 to January 1, 2015

Updated 08/07/2014

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am to 7:00 pm		River Walk (no lifeguard) <i>weather permitting</i>	River Walk (no lifeguard) <i>weather permitting</i>	River Walk (no lifeguard) <i>weather permitting</i>	River Walk (no lifeguard) <i>weather permitting</i>	River Walk (no lifeguard) <i>weather permitting</i>	
8:00 - 9:00		Barre Balance (Kathryn) <i>ends @ 8:45</i>	Sit and Fit <i>Moderate</i>	Chair Yoga (Nicole) <i>ends @ 8:45</i>	Line Dancing (Sandi)	Sit and Step <i>Advanced</i> 30 member max	
9:10- 10:10		Kickboxing (Jennifer)	Cardio Chisel/Abs (Rachael)	Barre Burn (Nicole)	TBC & ABS (Rachael)	Bootcamp (Rachael) <i>ends @ 9:45</i>	Zumba (Vanessa)
9:00 - 9:45		AQUACISE Low Impact (Marjorie)	AQUACISE Low Impact (Marjorie)	AQUA FIT Low Impact (Kathy)	AQUA THERAPY Low Impact (Marjorie)	AQUACISE Low Impact (Marjorie)	
9:45-10:15						Core & More (Rachel)	
10:15 - 11:00		Stretch and Tone <i>Silver Sneakers</i> (Ruthie)	Intro Line Dancing (Sandi) <i>ends @ 11:15</i>	Stretch and Tone <i>Silver Sneakers</i> (Ana)		Stretch and Tone <i>Silver Sneakers</i> (Ana)	
4:00- 4:45	ReFit (Erin)						
4:15- 5:00		Barre Burn (Nicole)	Zumba (Erin)		Zumba (Erin)		
5:05 -5:50		Zumba (Vanessa)	Cardio Fusion (Cheryl)	Zumba/Toning (Vanessa)	ReFit (Erin)		
6:00 - 7:00		TBC Circuit & ABS (Rachael) <i>ends @ 6:55</i>	Ball Fit (Cheryl)	Mat Pilates (Lynn)	Bootcamp (Ruthie)		
7:00 - 8:00		AQUA FIT (Rachael) <i>begins @ 7:05</i>	AQUA FIT (Shannon)		AQUA FIT (Shannon)		

Class schedule is subject to change based on class participation. Schedules will be updated accordingly.

No children under 12 are allowed in Group Exercise room.