

# GROUP EXERCISE CLASS DESCRIPTIONS



## STRENGTH – LIFTING

**Athletic Strength:** A full-body workout with heavy lifting and expert coaching. Focus on slow, controlled movements to build strength and power.

**Kettlebell:** Engage multiple muscle groups simultaneously in this strength-building class that emphasizes the use of kettlebells. Build muscle, endurance, and power.

**Group Power:** A challenging weightlifting class using barbells, plates and body weight. Build muscle and get stronger with each rep in this music driven workout.

**Chair Strength – Senior:** A chair-based workout focusing on strength, mobility, and flexibility. Perfect for those with balance issues or arthritis.

**Functional Strength:** A minimal-impact, workout that incorporates functional movements with balance, core work, and an extended cool-down. Perfect for active seniors and beginners.

**Chard Core:** A 30-minute class focused on strengthening your core through standing exercises, planks, and mat work. Great for preventing back pain and toning your midsection.

**Heavy Lifting:** A challenging class for those with some lifting experience, this class uses heavy weights and fewer reps to build muscle and improve technique.

**Start with Strength:** A full-body strength class using dumbbells, barbells, bands, and more. Build confidence and strength at your own pace. Great for beginners and lifters alike.

## STRENGTH – CARDIO INTERVALS WITH WEIGHTS

**Upper Body Blast:** This high-energy class combines upper body strength training with cardio intervals to torch calories, build muscle, and boost endurance.

**Rock Bottom:** A lower-body conditioning class that targets legs, glutes, and hard-to-reach muscles for strength, flexibility, and endurance.

**Weight Training Intervals:** A challenging class that combines strength training and lifting with intense cardio (HIIT) intervals that boost strength, endurance, and cardio. A variety of equipment is used for a full body workout.

**Bootcamp:** A high-intensity, CrossFit-inspired workout that combines strength training, functional movements, and cardio to build power, endurance, and agility. Scalable for all fitness levels, this class challenges you to push your limits in a motivating, team-oriented environment.

## CARDIO

**Cycling (Spin):** A music-powered cardio class that mimics outdoor cycling. Ride flat roads, climb hills, and race at your own pace.

**Rhythmic Energy:** An energizing cardio fitness dance class that boosts mood, flexibility, endurance, and muscle tone. Fun choreography to great music!

**Young at Heart:** Low-impact dance aerobics and mat exercises to improve strength, flexibility, and balance. Perfect for those looking for a slower-paced class.

**Zumba:** A dance fitness class that mixes high-energy rhythms with fun moves. Sculpt your body and burn fat while having a blast!

**Pound:** A cardio workout with drumming! Using weighted drumsticks, you'll burn calories and strengthen your body to upbeat rhythms.

## SPECIALTY

**Fit Lab:** Try new and innovative workouts as instructors experiment with fresh routines. All levels welcome - your feedback helps shape future classes!

**Boxing:** Build your boxing skills with a focus on punches, footwork, and fitness drills. Whether you're a beginner learning the basics or an experienced boxer looking to refine your technique, this high energy class helps you progress from where you are at.

## YOGA AND PILATES

**Barre and Barre-less:** A low-impact, full body workout inspired by ballet, yoga, and Pilates. Focuses on strengthening small muscle groups through high repetitions.

**Buti Yoga:** A fast-paced yoga class that blends plyometric movements and deep core work. Great for intermediate to advanced participants.

**Gentle Yoga:** A slower-paced class perfect for beginners or those looking for a more relaxed practice.

**Meditative Yoga:** A calming class followed by guided meditation to reduce stress and improve focus.

**Pilates:** A core-strengthening class that builds flexibility, endurance, and balance. Perfect for toning and sculpting your body.

**Pilates/Yoga:** A moderate intensity class that blends Pilates and yoga to build strength, improve flexibility, and gain balance.

**Senior Stretch:** A yoga inspired class using chairs for support. Simple stretches and movements to improve flexibility and mobility.

**Yoga:** A classic yoga class that improves flexibility, strength, and balance. Suitable for all fitness levels.

**Yoga for Stress:** A calming yoga class that uses breathwork, meditation, and gentle movement to reduce stress and anxiety.

## AQUA AEROBICS

**Aqua Aerobics:** A fun, high-energy workout in the water that combines cardio, strength, and flexibility for a total-body workout.

**Aqua Arthritis:** Gentle exercises in the water to improve mobility, flexibility, and balance. Low-intensity movements help relieve arthritis symptoms.

**Aqua HIIT:** A fast-paced, 45-minute class that uses water resistance to improve strength, endurance, and heart health.

**Adult Open Swim/Water Walking:** Instructor-free time for swimming or walking at your own pace.

**Aqua Zumba:** A fun water workout combining Zumba dance moves with Latin rhythms. Dance, splash, and get fit in the pool!

## YOUTH GROUP EXERCISE AND ENRICHMENT

**Discovery Playground (Ages 3-5):** A fun introduction to classroom activities through music, movement, crafts, and stories. Perfect for little ones to start learning and playing. Frog Street curriculum applied.

**Fun & Fit (Ages 6-12):** A class for kids that makes exercise fun with games and activities that improve strength, balance, and flexibility.

**Little Tumblers (Ages 1-5):** A play-based class with obstacle courses and movement activities. Great for kids to explore and build coordination.

**Music and Me (Ages 0-5):** A parent-child class where little ones explore movement and music to develop skills and creativity.

**Tumbling Time (Ages 1-5):** A free-play time for toddlers to explore, roll, and play in a safe space. Parents can relax and socialize while watching their kids grow.