

## Group Fitness Class Descriptions

Power Camp/Kettlebell- This class blends cardio and resistance training for maximum fat burning and body sculpting results. It's an intense yet basic workout for all fitness levels and uses a variety of equipment including hand weights, body bars, and resistance bands and kettlebells.

Yoga- For all levels. A series of poses with a strong emphasis on breathing. You'll increase your flexibility and restore a healthy, positive mind/body balance, while focusing and relaxing the entire body.

Power Yoga- A more advanced yoga class that offers a series of progressive poses that will strengthen your core and increase your flexibility.

Chair Yoga- This class is great for yoga beginners. Low impact and an emphasis on alignment makes this class great for all ages.

Fit for Life- This is an all in one workout designed for people age 50+, involving cardio, strength training, and balance.

ZONE TONE- 1 Hour workout focusing on working those areas that we usually forget about!

Body Pump- A 50 minute full body workout choreographed to music. Utilizing barbells. Fun for all skill levels.

iTone- Want to strength train without going up to the gym? Not sure what you can do to tone your muscles? Take this class! It's a variety of exercises, including TRX, medicine balls, kettlebells, dumbbells, and barbells. In iTone class, you will get your entire body stronger!

Cardio Acceleration- Maximize your workout time by getting cardio done while you strengthen your body! This class is a non-stop class that combines cardio and strength training. Be ready to sweat!

SilverSneakers- These classes follow the Healthways SilverSneakers Fitness Program. The classes are catered to folks 65 and up. The mission is to make fitness more fun and accessible to boomers and beyond. Focusing on movements that help strengthen muscles that help with everyday activities while keeping it fun is what this class is all about.

Spin- Our indoor cycling class provides a fun and challenging cardiovascular workout for all ages & fitness levels.

Spin Express- This is a sped up version of spin class done in half the time

Barre- mixes elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the ballet barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

### Form + Feeling -

Improve flexibility, increase range-of-motion, and release muscle tension in this mind/body session. We'll spend the first half of class in low impact/moderate intensity exercise to generate internal heat and increase blood supply to muscles, then spend the second part of class on stretching and relaxation techniques.

Yoga in the Park- This is a yoga class set outside at parks throughout the city. Outdoor yoga classes blend the safety and distance of virtual classes with the communal and energy-building nature of in-person classes. During outdoor yoga classes, you can stay at a safe distance from others while practicing, free of enclosed spaces, while enjoying nature and an in-person connection.

Pilates- is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Pilates is named for its creator,