

# Group Fitness Class Descriptions

As of January 1, 2020

*Building a Community of Wellness*

**Barre** - Elements of Pilates, dance, yoga and functional training with moves choreographed to motivating music.

**Barre Express** - The perfect option to get a great burn in quickly and effectively.

**BodyPump/Les Mills** - The athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. Designed for all ages and fitness levels.

**BodyPump Circuit** - Best of BodyPump and interval training.

**Cardio Kick/Boot Camp** - Cardio Kickboxing/Boot Camp is an intense workout combining martial arts, boxing, cardiovascular movements combined with Boot Camp training to give you the results you desire.

**Cycle** - "Let's ride"...Cycle your way to the ultimate fitness results as we simulate varied terrain and tackle rolling hills, sprints and other drills to give you the inspiration you've been looking for to achieve your personal goals. This class is for beginners as well as seasoned cyclists.

**Cycle Circuit/Sculpt** - Best of both worlds; cycle and strength training. This is an excellent cross-training class for all skill and fitness levels.

**Cycle Express** - Rev it up and burn some calories fast in this rapid cycle class.

**High Intensity Interval Training (HIIT) Kickboxing** - Intense interval training combined with explosive kickboxing moves, which deliver dramatic changes and rapid results.

**Joyful Movement** - A combination of Tai Chi and Yoga with easy to follow stretching that will increase your flexibility & balance, increase strength & body awareness, and rejuvenate the mind and body.

**Low Impact** - Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow low impact workout!

**Pilates** - Transform the way your body looks, feels and performs with a Pilates class. Pilates improves flexibility, agility and economy of motion. It builds strength without excess bulk, creating a sleek and toned body.

**SilverSneakers®** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work SilverSneakers equipment is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**Step Circuit** - Combines simple, heart-pumping step routines with sculpt training intervals to give you a total body workout. This is an excellent cross-training class for all skill and fitness levels.

**Super Sculpt**- A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. This class is for all levels of fitness. Work hard and have fun.

**Tai Chi** - Participants will be led through slow, focused movements while bringing harmony to your breath, body, mind, and spirit.

**Yoga** - Strengthen and tone your body as you reduce stress, improve flexibility, and bring balance into your life.

**Zumba®** - Ditch the workout and join the party! Class features exotic rhythms set to high-energy Latin and international beats. It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party!

Monday - Friday: 6:00 am - 10:00 pm  
Saturday - Sunday: 7:00 am - 4:30 pm



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