

# **CLASS DESCRIPTIONS**

**Xtreme Abs**- 30 minutes of intense abdominal work... the focus is Abs only... Chisel your Abs and look the way you've always wanted!! We spend 30 minutes in this class getting abs results.

**Heart Moves**- This workout is designed for our senior fitness enthusiasts (50+) or anyone else who desires a low impact workout. This class will focus on functional fitness (movements that simulate real life). Participants will enjoy a series of movements geared to increase cardio function, strength, flexibility, and overall balance.

**Step N' Sculpt**- Intervals of step choreography and strength training drills. Come try out this versatile class... gets a total body workout in one rockin' class. Fun intense movements performed on and off a step platform. The intensity level of the class is determined by varying levels of speed, travel, and execution of movements. Do not expect to master all step patterns on your first try... But... keep coming back and you will be a pro in no time.

**Zumba®** - Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!.

**BODYPUMP**- Is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**Cycle**- This class utilizes spin bikes to give you an awesome workout while burning an extreme amount of calories!!! Participants will be under the instruction of a fitness professional, but they reserve the right to push as hard they want!!

**Cycle Strong**- This spin bike class gives participants that great cardiovascular workout needed while incorporating strength training as well.

**Cycle Xpress**- This is spin bike class is designed to give participants a great workout in a shorter time frame.

**PiYo**- This is a non-traditional mind and body class that incorporates yoga and pilates to give participants a powerful workout!

**BODYVIVE**- is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes, and body weight to boost fitness and core strength. With our inspirational instructors and great music, you will be able to push yourself as hard as you choose to increase your fitness level.

**Cycle N' Kick**- This class utilizes a combination of spin bikes and cardio kickboxing to insure that participants get the best cardiovascular workout possible!

**Aqua Moves**- This is a non-impact class performed in shallow water. Movement will focus on Range of Motion (ROM), Balance, Coordination, and Flexibility. The workout will consist of segments of cardio and resistance training. This workout is suitable for all fitness levels.

**Aqua Bootcamp** - This water group fitness class is tailored to the regular aqua exerciser who wants a little extra push.

**Aqua Arthritis** - The aqua arthritis exercise class is tailored to suite the needs of individuals with osteoarthritis, rheumatoid arthritis, osteoporosis and any of the other arthritis related diseases.

**Cardio Splash**- water group fitness class tailored to the needs of individuals at risk for heart disease.

**\*Classes are designed for all levels unless otherwise indicated**