

Class Descriptions

Aerobic Line Dance

Come join us as we exercise mind, body and soul by having fun "country" line dancing. You will learn dance routines to all different kinds of music from 50's to rock n roll to country. So much fun- it's exercise without even knowing it!

AI CHI - IS A WATER EXERCISE AND RELAXATION PROGRAM THAT COMBINES TAI CHI CONCEPTS WITH SHIATSU AND WATSU TECHNIQUES. AI CHI IS PERFORMED STANDING IN SHOULDER-DEPTH WATER USING FLOWING, YET POWERFUL COMBINATIONS OF DEEP BREATHING AND SLOW, BROAD MOVEMENTS OF THE ARMS, LEGS AND TORSO PROMOTING AWARENESS OF THE MUSCLE ACTIVITY AND MOVEMENT PATTERNS BY BRINGING ATTENTION TO THE POSTURE AND BREATHING. THE MOVEMENT PATTERNS COMBINE DIAPHRAMATIC BREATHING WITH VISUALIZATION AND IMAGERY TO INCREASE RELAXATION AND DECREASE PAIN. AI CHI IS USED TO IMPROVE MOVEMENT EFFICIENCY IN CLIENTS WHO MAY HAVE CHRONIC PAIN, ARTHRITIS, FIBROMYALGIA, CHRONIC OBSTRUCTIVE PULMONARY DISEASE, BALANCE DEFICITS, DIABETES, MULTIPLE SCLEROSIS AND OTHER ORTHOPEDIC AND NEUROLOGICAL CONDITIONS. THIS CLASS DOES NOT REQUIRE ANY EQUIPMENT BUT NOODLES AND WATER WEIGHTS MAY BE USED. THIS CLASS DOES NOT REQUIRE THE ABILITY TO SWIM. THIS CLASS IS HELD IN THE THERAPY POOM (WARM WATER). APPROPRIATE FOR ALL FITNESS LEVELS.

AQUAMIX- COMBINATION OF CARDIO (WATER AERBOICS IN SHALLOW WATER-WAIST TO CHEST DEEP), STRENGTH (WITH NOODLES, BUOYS OR PADDLES) AND MIND/BODY (YOGA FOCUS) FOR A TOTAL EXERCISE EXPERIENCE.

CARDIO KICKBOXING – THIS CLASS WILL INCORPORATE FREE STANDING KICKBOXING BAGS AND GLOVES FOR THE ULTIMATE WORKOUT! BE READY TO WORK UP A SWEAT FOR CARDIO ON THE BAG AND OFF THE BAG. GLOVES AND OR WRAPS ARE AVAILABLE FOR PURCHASE AT THE FRONT DESK OR YOU CAN BRING YOUR OWN.

CARDIO CREATIONS – THIS CLASS WILL VARY ACCORDING TO THE INSTRUCTOR TEACHING AND IS GEARED TO TRIGGER YOUR METABOLISM BY CONSTANTLY OFFERING SOMETHING NEW. THIS CLASS MAYBE BE CARDIO, CARDIO INTERVAL, CIRCUIT, KICKBOXING OR ZUMBA. THIS CLASS CAN BE HIGH INTENSITY WORKOUT WITH LOW TO MODERATE IMPACT OFFERING MODIFICATIONS FOR VARIOUS FITNESS LEVELS. RESISTANCE CAN VARY FROM BODY RESISTANCE, WEIGHTS, TRX, BANDS, BALLS, OR BOSUS. THE WALKING TRACK MAY BE INCORPORATED INTO THIS CLASS. GREAT FOR ALL FITNESS LEVELS.

CIRCUIT – THIS CLASS INVOLVES CARDIO, STRENGTH, AND FLEXIBILITY EXERCISES IN STATIONS AROUND THE ROOM. YOU PERFORM THE SPECIFIC EXERCISE FOR THE DESIGNATED TIME (NORMALLY 30 SECONDS TO 2 MINUTES) AND MOVE TO THE NEXT STATION WITH MINIMAL REST. THIS IS A GREAT CLASS TO JOIN ALONE OR WITH A FRIEND. THE INSTRUCTOR WILL BE MOVING AROUND THE ROOM TO DEMONSTRATE EXERCISES AND TO HELP MOTIVATE YOU! THIS CLASS IS TO HELP PUSH YOU TO GET STRONGER, HAVE MORE ENDURANCE, FLEXIBILITY AND COORDINATION AS WELL AS GET YOUR HEART PUMPING AND BODY SWEATING!

CIZE – THIS CLASS IS FUN FOR THE WHOLE FAMILY. MOVING TO THE BEAT AND EVERYONE CAN DO IT. INSTRUCTOR WILL BREAK DOWN THE ROUTINE, STEP BY STEP, MOVE BY MOVE AND BUILD THEM INTO A FULL DANCE WORKOUT.

DEEP WATER AEROBICS – AQUATIC FITNESS CLASS PERFORMED AT WATER DEPTHS SO BODY REMAINS IN VERTICAL POSITION AND NOT TOUCHING POOL FLOOR. FLOTATION DEVICES MAY BE USED TO MAINTAIN CORRECT ALIGNMENT. DEEP WATER AEROBICS PROVIDES FOR NO-IMPACT WORKOUT. APPROPRIATE FOR THOSE WHO ARE COMFORTABLE IN DEEP WATER. SWIMMING NOT REQUIRED. A GREAT WORKOUT IN A SOCIAL SETTING.

Family Yoga

THIS IS NOT YOUR TYPICAL YOGA CLASS. THIS IS AN INTERACTIVE CLASS FOR PARENTS AND KIDS INVOLVING GAMES, YOGA POSES AND BREATHING TECHNIQUES. THIS CLASS WILL BE FUN AND FUNNY WORKING TOGETHER AS A FAMILY. LETTING THE KIDS BE KIDS AND THE PARENTS PRETEN THEY ARE KIDS AGAIN.

FUNCTIONALLY FIT – A CLASS FOR SENIORS AND OTHERS LOOKING FOR SUPERVISED STRENGTH AND STRETCHING EXERCISES USING BALLS, CHAIRS, AND BANDS. APPROPRIATE FOR ALL LEVELS

INTRODUCTION TO TAI CHI – TAI CHI IS A SLOW GRACEFUL CHINESE EXERCISE THAT ENHANCES RELAXATION SKILLS MENTAL FOCUS AND PHYSICAL ALIGNMENT WHILE BUILDING LEG STRENGTH, ENDURANCE AND STABILITY. THIS CLASS IS FOR ANYONE WHO IS INTERESTED IN TAI CHI AND HAS NEVER

TAKEN IT BEFORE. THE INSTRUCTOR WILL REVIEW PROPER ALIGNMENT AND MOVEMENTS ASSOCIATED WITH THE FUNDAMENTALS FORM. ATTENDANCE AT EACH SESSION IS HELPFUL TO MEMORIZE THE FORM. **PILATES/YOGA** – THIS CLASS IS TARGETED TOWARD IMPROVING TONING AND CONDITIONING OF ALL MUSCLE GROUPS USING RESISTANCE OF THE BODY WHILE DEVELOPING BETTER BREATHING HABITS, IMPROVING POSTURE AND LEARNING TO USE MENTAL CONCENTRATION AND FOCUS THROUGH DEEP STRETCHING EXERCISES. IMPROVES BALANCE, COORDINATION AND FLEXIBILITY. APPROPRIATE FOR ALL LEVELS.

PUMP IT UP – A STRENGTH CLASS UTILIZING BARBELLS AND WEIGHT PLATES TO CHALLENGE THE ENTIRE BODY. THIS CLASS MAY INVOLVE ISOLATION OR COMPOUND MUSCLE GROUPS. A STEP MAY OR MAY NOT BE UTILIZED DURING THIS CLASS. (intermediate level)

SENIOR FITNESS & FALL PREVENTION – THIS CLASS FOCUSES ON EVERYDAY FUNCTIONAL MOVEMENTS TO HELP IMPROVE THE QUALITY OF LIFE BY PROVIDING LOW IMPACT EXERCISES TO IMPROVE CARDIOVASCULAR FUNCTION, STRENGTH, FLEXIBILITY, BALANCE AND FALL PREVENTION.

SPIN - A CHALLENGING WORKOUT THAT IS ALSO EASY ON THE JOINTS. SPIN CYCLING INCORPORATES INTERVAL TRAINING PRINCIPLES USING A STATIONARY BIKE WITH A WEIGHTED FLYWHEEL. PLEASE WEAR APPROPRIATE EXERCISE ATTIRE/SHOES THAT ALLOWS FOR COMFORTABLE RANGE OF MOTION. GEL SEAT IS PROVIDED FOR YOUR COMFORT.

STEP – AN EXCELLENT FAT BURNING CLASS THAT INCLUDES COMBINATIONS ON THE STEP FOLLOWED BY A CHALLENGING WEIGHT-TRAINING SEGMENT OR TONING FOR THE ABS, BACK AND CORE. APPROPRIATE FOR ALL FITNESS LEVELS.

STRENGTH, CORE AND MORE – BOOST YOUR METABOLISM BY INCREASING LEAN BODY MASS. THIS CLASS IS DESIGNED TO STRENGTHEN MAJOR MUSCLE GROUPS USING A VARIETY OF EQUIPMENT AND/OR OWN BODY RESISTANCE. MODIFICATIONS ARE OFFERED THROUGHOUT THE CLASS. GREAT FOR ALL FITNESS LEVELS.

SUNRISE YOGALATES. – START THE DAY RIGHT WITH A FUSION OF HATHA-STYLE YOGA AND PILATES TO HELP REDUCE STRESS, IMPROVE FLEXIBILITY, CONCENTRATION, CIRCULATION AND BREATHING WHILE TONING MUSCLES TO INCREASE BALANCE AND POSTURE FOR ALL OVER MIND AND BODY EXPERIENCE. YOU WILL LEAVE FEELING REFRESHED AND READY TO START YOUR DAY! THIS CLASS INVOLVES STANDING, SEATED OR LYING POSITIONS WITH SOME BALANCE POSES USING BANDS, BALLS OR CHAIRS

TABATA BOOTCAMP – A TRUE TABATA BOOTCAMP WORKOUT IS FOUNDED ON QUALITY NOT QUANTITY. IN OTHER WORDS THE EFFECT OF A WORKOUT SHOULD NOT BE BASED ON THE AMOUNT OF TIME DEVOTED TO EXERCISING BUT RATHER WHAT THE EXERCISE DOES FOR YOUR BODY AFTER THE WORKOUT IS OVER. DONE THE TABATA BOOTCAMP WAY, YOU NOT ONLY BURN CALORIES DURING THE EXERCISE, BUT YOUR BODY KEEPS BURNING EXTRA CALORIES FOR THE NEXT 24 TO 48 HOURS. THE UNIQUE PROTOCOL IS THE 20-10 MICROBURST INTERVALS. AN INTERVAL CONSISTS OF PERFORMING SPECIFICALLY CHOSEN EXERCISES AT AN ULTRA HIGH INTENSITY FOR 20 SECONDS FOLLOWED BY 10 SECONDS OF REST. THESE 20-10 MICROBURST INTERVALS ARE STACKED IN THE 30 MINUTE GROUP WORKOUTS IN SPECIFIC SEQUENCES OF DIFFERENT EXERCISE MOVEMENTS THAT TARGET EVERY PART OF YOUR BODY.

T'AI CHI AND MINDFUL RELAXATION – A SLOW GRACEFUL CHINESE EXERCISE THAT ENHANCES RELAXATION SKILLS, MENTAL FOCUS AND PHYSICAL ALIGNMENT WHILE BUILDING LEG STRENGTH, ENDURANCE AND STABILITY. IDEAL FOR STAMINA, FLEXIBILITY AND COORDINATION. WARM UP WITH MEDITATION AND CHAIRS. AFTER THE WARM UP, THE FIRST HALF OF THE CLASS WILL ENTAIL TRADITIONAL AND NON TRADITIONAL STANDING TAI CHI FORMS AND THE SECOND HALF OF THE CLASS WILL BE GEARED TO SEATED STRETCHES AND WILL END WITH RELAXATION ON THE MAT (SEATED OR LYING DOWN). GREAT FOR ALL AGES AND FITNESS LEVELS. IT IS HELPFUL TO ATTEND THIS CLASS ON A REGULAR BASIS TO LEARN THE VARIOUS FORMS. THIS CLASS MAY BE MOVED OUTSIDE (WEATHER PERMITTING). THIS CLASS HAS BEEN EXTENDED TO ONE HOUR TO GET THE FULL EFFECT OF THE TAI CHI EXPERIENCE.

TNT- SHAPE AND STRENGTHEN THE BODY, TIGHTEN ABOMINAL & CORE MUSCLES, SHAPE THE ARMS & SHOULDERS WITH WEIGHTS, BARS OR BANDS. TONE YOUR THIGHS AND GLUTS TO IMPROVE YOUR MOBILITY AND FLEXIBILITY. THIS CLASS MAY INCORPORATE THE TRACK OR HIGH INTENSITY INTERVAL OR TABATA STYLE MOVES.

YOGA FLOW- THIS CLASS IS A SERIES OF FLOWING POSTURES WITH RHYTHMIC BREATHING FOR AN INTENSE BODY-MIND WORKOUT (VINYASA-STYLE YOGA). THIS TYPE OF YOGA WITH ITS FLOWING MOVEMENT AND FAST PACE BUILDS HEAT IN THE BODY AND STRETCHES THE MUSCLES OF THE BODY PRACTICING UJJAYI-

STYLE BREATHING. THIS CLASS IS MORE FOR THOSE WHO HAVE SOME EXPERIENCE WITH YOGA. THINK OUTSIDE OF THE MAT!

ZUMBA- SIMPLE STEPS OF MERENGUE, CUMBIA, SALSA, SAMBA, CALYPSO, REGGAETON, HIP-HOP AND MORE TO ACHIEVE A FUN CARDIO WORKOUT, BODY TONING AND WEIGHT CONTROL: WEAR EXERCISE CLOTHES AND SHOES THAT ALLOW PIVOTS AND LOTS OF FUN!! CAN BE ADAPTED FOR ALL AGES AND FITNESS LEVELS.

Zumba Kids and Zumba Kids, Jr.

Sure, chillin' out is cool. But rockin' out is a blast! That's why you're going to love the Zumba Kids® fitness program for kids. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids ages 4-12 max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumba® Kids groove. Watch their energy and fitness levels soar as they get the groove.

A typical class can include this entire age group (4-12) or children can be divided into two groups. The groups are Zumba® Kids Jr.(ages 4-7) and Zumba® Kids (ages 8-12). Kids will learn cool dance steps and routines while listening to kid friendly songs.

How is Zumba® Kids different than Zumba®?

Zumba® Kids recognizes that kids learn differently than adults. They don't understand just yet the benefits of a healthy and active lifestyle and their attention is much shorter than adults. Because of this, the Zumba® Kids formula breaks down steps for its younger audience. Unlike much of basic Zumba®, there is plenty of verbal talking to walk them through the steps. And of course, one of the biggest differences is that the moves are modified to be "kid friendly". Challenging moves are simplified so that kids can "get it" and feel a sense of accomplishment. Smaller kids can also learn direction such as left versus right, etc. And lastly, Zumba® Kids incorporates games.