

Fitness Class Descriptions & Levels

Class Name	Type of Class	Class Description	Level(s)
Abs, etc...	Strength, Balance	A 30 minute strengthening workout concentrating on the abdominals and the surrounding core muscles.	1 2 3
Body Sculpt	Strength, Balance	Muscle toning for the whole body. This workout consists of strengthening exercises that increase your metabolism and help shape your body. We use a variety of dumbbells, steps and sometimes figure 8 cords and resistance bands.	1 2 3
Cardio & Pilates	Cardio, Strength	This class offers a little bit of everything. Various cardio and Pilates moves to focus on the “power center” of the body; abdominals, back, thighs and buttocks.	1 2
Cardio & Sculpt	Cardio, Strength, Balance	This class offers a little bit of everything. Various cardio and strength moves to focus on your balance, coordination and overall fitness.	1 2 3
Cardio Dance & Conditioning	Cardio, Strength	This class is an all-in-one workout. Fun cardio dance moves, light weight strength training and a flexibility stretching segment at the end.	1 2 3
Chair Class	Cardio, Strength, Flexibility, Balance	Cardio, strength and flexibility class designed for the older participant. We perform the exercises either sitting in a chair, standing behind the chair or a combination of both depending on the participant.	1 2
Core Class	Strength, Flexibility	This is a combination class of mat Pilates and functional core exercises to strengthen and build endurance of those important muscles. Designed to focus on stabilization of the core to reduce injury and increase power for tennis, golf and other sport activities.	1 2 3

Core Yoga & Pilates	Strength, Flexibility	This is a restorative workout to help loosen the joints of the hips and knees, to relax the sacrum and to increase mobility to the spinal cord. The combination of core Pilates and restorative Yoga creates an abdominal strength that will help to lift and lengthen the vertebrae to help correct posture and alignment of the body. There are no standing poses in this class.	1 2 3
Group Cycle	Cardio, Strength	Indoor cycling classes are great workouts that test your endurance, cardiovascular system and strength. These classes work the heart and lungs, and strengthen the lower body. It is a low impact but high cardio workout that can burn up to 500 calories per session, suitable for all levels. Individuals are responsible for the intensity of their own workouts. Riders can modify their cycling resistance and pace according to their fitness levels. Class size limited to 10, sign-up for a bike starts 30 minutes prior to class. Reserve a bike a day in advance for \$2.00.	1 2 3
Mat Pilates	Strength, Flexibility	This class focuses on breathing, posture, flexibility, pelvic placement, scapular movement and head/spinal alignment. Moves are performed to strengthen and balance the muscles around the joints to improve the way your body moves.	1 2
Step & Sculpt	Cardio, Strength	A well-rounded workout consisting of 35 – 45 minutes of fat burning cardio followed by muscle toning exercises.	1 2 3
Stretching Class	Flexibility	A full hour of stretching designed to increase flexibility, reduce risk of injury, improve athletic performance and relieve stress.	1
Tai Chi - Taijifit™	Strength, Balance	Eastern philosophy of Tai Chi brought to the western world. Come enjoy the benefits of Tai Chi with more of an emphasis on repetition, balance, breathing and posture without the formal structure of traditional Tai Chi.	1 2
Water Exercise	Cardio, Strength	An outdoor cardio class held in the West Pool using the natural resistance of the water for a low impact workout. Shallow and deep water exercises are incorporated in this class but is an option for those timid about going to the deep end. Styrofoam noodles and dumbbells are used for resistance. All levels welcome.	1 2 3

Vinyasa Yoga & Meditation	Strength, Flexibility, Balance	This is a traditional Hatha Yoga class with standing Iyengar triangles and power Vinyasa flows and Sun Salutations with Kundalini breath work.	1 2
Yamuna® Body Rolling	Flexibility, Strength	This is a class with very specific ball work to target your bones and muscles to help create space in your entire body. We use balls ranging 4” to 10” in size and your own body weight. This work feels like you are getting deep tissue work while increasing joint mobility and improving body alignment.	1 2
Yoga	Strength, Flexibility, Balance	Hatha based Yoga promoting balance, flexibility, strength and relaxation through various postures, poses and breathing techniques.	1 2
Zumba®	Cardio	This is a party-style fitness class which offers you a fun, exhilarating and effective way to get and stay in shape. Latin-inspired, this calorie burning dance party will move and motivate everyone who enjoys dancing for fitness. Music of various latin-style beats, as well as, some familiar hits of today.	1 2 3

Level 1 = Beginner Fitness – good for someone just starting back into their fitness program, returning after an injury or looking for a class which is no or low impact.

Level 2 = Intermediate Fitness – regular exerciser with little or no limitations looking for a little extra push

Level 3 = Advanced Fitness – higher level exerciser looking for more intense workout with some high impact variations or more intense strength moves

* Most of our classes are designed to be all levels so you can participate at your own level of fitness. The instructor will try to offer variations so you can find the level you are most comfortable performing throughout the class.

Recommendation: If you are new to a class, it helps the instructors if you arrive on time for the class and take a moment to introduce yourself to the instructors. This way they can familiarize themselves with any injuries you might have, as well as, find out your current activity level so they can provide you with your best experience in the class.