

Aqua Bootcamp **60 min.**

Are you looking for something different in your workouts? Are you looking for a little harder workout? This class can offer you a tough workout with the benefits of working in the water. Aqua Bootcamp is an intense workout that includes strength, conditioning, speed work and stamina improvement.

AquaFit **60 min.**

Come join us for some fun in the pool!! A great aerobic training class that will help strengthen your muscles without putting added stress on your joints.

Cardio, Stretch, and Tone **45 min.**

This workout is designed to give you a cardio workout without jumping/impact. Use light weights and reps to work upper body, lower body, and abs. Stretching is also incorporated.

Dance it Off! **60 min.**

Dance your way to fitter, slimmer you! Class combines many elements of dance such as jazz, hip hop, kickboxing, latin, pilates, and yoga all in one. Strength training included!

Gentle Hatha Yoga **60 min.**

This class uses physical poses, breathing techniques and meditation to achieve better health, as well as spirituality. This class will teach you the basics at a slower pace to allow you to learn & perfect techniques before moving on to more challenging levels.

Golden Hour **60 min.**

A low intensity class for people with arthritis and fibromyalgia. It is safe and fun, dealing with different exercises and stretching.

Golden Stamina **30 min.**

Increase you cardiovascular and muscular endurance with this non-impact workout. Includes use of weights, balls, bands, and more.

High Energy Splash **60 min.**

High intensity water aerobics for a full body workout. All are encouraged to work at their own pace.

Just Chairs **60 min.**

An aerobic class done entirely on chairs. It's a great way to build strength and endurance while listening to upbeat music.

Morning Jump Start **60 min.**

Wake up and energize your body with water aerobics. Great for seniors and beginners.

Morning Stretch **45 min.**

Want to improve your flexibility? Then add this class to your routine. Class also emphasizes posture, range of motion, and back alignment.

Pilates **60 min.**

A class centering on the use of core muscles. It will restore functionality and balance to the musculoskeletal system and build long, lean, and shapely muscles.

Power Yoga **60 min.**

Progressive yoga taught with an athletic approach holding poses longer and adding inversions that include balance and core strengthening exercises. Power yoga will strengthen and define each and every muscle in your body using dynamic flowing asanas.

Spin **45-60 min.**

This class is one of the best cardio workouts ever!!! This is an instructor led stationary spin bike class for all levels of fitness. Climb, lift, sprint and surge on the bike to motivating instruction and music.

Strength Training **60 min.**

Welcome to a strength building and toning class where we will utilize free weights, balls, bands and your own body weight to make you stronger and leaner.

Wakeup Workout **45 min.**

This workout will provide strength, toning, flexibility, and balance for all ages, using a variety of movements and equipment.

Wake Up Yoga **60 min.**

Learn simple yet powerful yoga techniques to maintain your body, health, and increase your flexibility. Instructor will lead you through gentle joints and glands stretching exercises for the first half, following with restorative yoga poses. The majority of this class can be done in a chair.

Zumba **60 min.**

A Latin-based aerobic class for all ages. A "fun & easy to do" workout which combines high energy and motivating music with unique moves that allow members to dance away their worries. Try this "feel-happy" workout. No dance experience required.

Zumba Toning **60 min.**

This class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks or weights to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

