

### **Aqua Action**

This class is a low impact water workout with cardiorespiratory conditioning, muscle toning, and flexibility. Accommodates all fitness levels. Activities with/without equipment. This class is for anyone who likes a great workout!

### **Aquatic Therapy**

Post Physical Therapy rehab activities in the water. Post surgery, chronic injuries, various disabilities considered with personalized activities.

### **Baiyang Damoa Gong**

This class is a non-offensive Classical Chinese Martial Art Practice. The practice emphasizes on stretching exercises, breathing control, and meditation. It is an exercise regimen that rectifies whole body Chi channel, strengthen organ function and immune system while achieving natural body healing of illnesses or injuries.

### **Beginning Pilates**

Pilates focuses on balanced development of the body through core strength, flexibility, and awareness. It is done on a mat and all the exercises can be modified to different fitness levels.

### **Body Sculpt**

This class will improve your muscular endurance and strength. In this class, we will use a variety of resistance including: weight balls, bands and your own body. All Fitness Levels

### **Circuit Strength Training**

This class will give you a hands-on approach to strength training. Come join the fun! This class meets on the floor in the fitness area.

### **Core**

Say goodbye to boring sit ups! In this class you will experience exercises that work your entire core.

### **Cross Training**

No limits to this class! Come and target almost every aspect that exercise can offer! This class meets on the floor in the fitness area.

### **Kickboxing**

This class includes intervals of boxing moves and aerobics. Come enjoy a great workout and feel energized!

### **No Impact H2O**

This class emphasizes cardiorespiratory conditioning and muscle endurance without impact on your joints. Swimming skills are not needed. Aqua belts are provided. You may perform the class in shallow or deep water.

### **The BEAST**

Come get a great cardio and muscular workout! Running, pushups, sit-ups, and weight training. Come and sweat!

### **Total Body Circuit**

This class is a class designed to keep your heart rate up and tone your body at the same time! 30 second drills will keep your interest during the class period!

### **Walk/Jog/Run**

Come try a workout designed for your needs and interests! From fitness to training for a 5K/10K! Class meets at the Front Desk.

### **Water Fitness**

This class increases your heart rate and improves you muscle strength with very little impact on your joints. You do not have to know how to swim to participate in this class.

### **Zumba**

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.