Please make sure to bring layers to class, particularly the relaxation classes; a robe, a long sleeve shirt, socks, etc.

Boot Camp Cardio: High energy intervals of toning with cardio. (CV,S, E)
45 minutes, I/A *intensity*

Gentle Yoga: Learn techniques for gentle Yoga and breathing exercises for relaxation and meditation. This enhances creativity, tranquility and energizes the body. (E,F,R**)**
60 minutes *B / I/ A intensity*

Seated Cycle Core & More: Early arrival is advised for bike and prop set-up. Intermittently on and off the cycling bike using light weights and body weight. Focus on balance, core stability and strength thru movements in all planes, while keeping cadence(CV,E,R,S)
50-minutes, B / I / A *intensity*

Standing Core: Lengthen and lean your core using a variety of fitness equipment, all while enhancing your balance.
(E,F,R) **45 minutes, *B / I intensity***

Stretch and Relax: At the end of a morning of working out don't miss this vital element. Use various stretching techniques to improve joint and muscle range of motion. (F,R)
45 minutes, *B / I intensity*

Total Body Conditioning: A muscular toning class utilizing tubing and weights, the bar and floor work to strengthen the muscles of the entire body. (E,S)
45 minutes, *I / A intensity*

COMPONENTS OF FITNESS

CV	Cardiovascular/Aerobic
E	Muscular endurance
F	Flexibility
R	Relaxation
S	Muscular strength

Water Work!: A complete strengthening workout in the water using the Water Balls and the body at various speeds to create challenging resistance. (E,S)
45 minutes, *B / I intensity*

Water ZUMBA: Aqua Zumba is a safe, challenging, fun, high energy, low-impact workout. (CV,F)
50 minutes, B / I / A intensity

ZUMBA Dance: Tone and condition your body with a high energy, Latin-based, low-impact workout. (CV,F)
50 minutes, B / I / A intensity

CLASS INTENSITY:

B	Beginner
I	Intermediate
A	Advanced

October 2020