



**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

**January 2021**