



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

QiGong/T'ai Chi: An ancient Chinese form of gentle exercise, which brings meditation through movement. Relaxed, fluid motions enhance balance, endurance, clarity and the calm necessary for optimum health and harmony. (F,R)
60 minutes, B / I / A intensity

Pilates Core: A mind/body class integrating Pilates and Yoga with emphasis on alignment and breathing. (E,F,R,S)
45 minutes, I / A intensity

Pilates Mat Class: Based on J. Pilates, to develop core strength and flexibility. (E,F,R) **45 minutes, 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 Blast: A combination of aerobic and workout in the water using the Water equipment and the body at various speeds to create challenging resistance. (E,S)
55 minutes, B / I intensity

Water Blast/Aqua Yoga: A combination of Water Blast and Yoga in the water. A nice blend of workout and a graceful, flowing practice melding Yoga, stretch and other modalities. Perfect for those who want to reap the benefits of Yoga but may find land Yoga difficult. (E,S)
55 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

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