

## Group Fitness Class Descriptions

Power Camp/Kettlebell- This class blends cardio and resistance training for maximum fat burning and body sculpting results. It's an intense yet basic workout for all fitness levels and uses a variety of equipment including hand weights, body bars, and resistance bands and kettlebells.

Yoga- For all levels. A series of poses with a strong emphasis on breathing. You'll increase your flexibility and restore a healthy, positive mind/body balance, while focusing and relaxing the entire body.

Power Yoga- A more advanced yoga class that offers a series of progressive poses that will strengthen your core and increase your flexibility.

Chair Yoga- This class is great for yoga beginners. Low impact and an emphasis on alignment makes this class great for all ages.

ASHTANGA Yoga- is a specific sequence of poses linking movement to breath. This practice is an athletic flow combining strength, flexibility, and stamina which seeks to bring balance mentally and physically. Expect both repetition and a vigorous practice.

Pilates- This class focuses on alignment, balance, and efficiency through breathing and stabilizing the spine. Enhances core strength.

Fit for Life- This is an all in one workout designed for people age 50+, involving cardio, strength training, and balance.

Cross Training- Not for the faint of heart. Sgt. Taylor pushes you through a mix of exercises, primary cardio and strength. She motivates you to go past your normal comfort zone.

ZONE TONE- 1 Hour workout focusing on working those areas that we usually forget about!

Body Pump- A 50 minute full body workout choreographed to music. Utilizing barbells. Fun for all skill levels.

PUSH/PULL- A high intensity, circuit training class that works the entire body. This class uses callisthenic exercises by utilizing your own body weight. Arms, shoulders, back, chest, core, and cardio exercises will PUSH you to your limits.

HIIT- High Intensity Interval Training; The name says it all! This class is an intense circuit training class that will get you moving around the room, doing different exercises, while keeping your heart rate racing.

iTone/iMove- Want to strength train without going up to the gym? Not sure what you can do to tone your muscles? Take this class! It's a variety of exercises, including TRX, medicine balls, kettlebells, dumbbells, and barbells. In iTone class, you will get your entire body stronger!

Cardio Acceleration- Maximize your workout time by getting cardio done while you strengthen your body! This class is a non-stop class that combines cardio and strength training. Be ready to sweat!

SilverSneakers- These classes follow the Healthways SilverSneakers Fitness Program. The classes are catered to folks 65 and up. The mission is to make fitness more fun and accessible to boomers and beyond. Focusing on movements that help strengthen muscles that help with everyday activities while keeping it fun is what this class is all about.

Spin- Our indoor cycling class provides a fun and challenging cardiovascular workout for all ages & fitness levels.

Barre- mixes elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the ballet barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.