

# 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.

**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.

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

**Zumba** - This is a super fun, high-intensity, aerobic class involving several dance techniques in a very welcoming atmosphere. No dance experience required, just be ready for a good work out and a fun time!

**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.

**Barre** - A class mixing 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.

**iTone** - 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!

**Silver Sneakers** - These classes follow the Healthways Silver Sneakers 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 and fitness levels.

**Mat Pilates** - A strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. No pilates equipment necessary for this beginner pilates class.

**Sculpt Pilates** - This class starts with yoga as a quick warm-up and then proceeds with the sculpting process by focusing on arms and legs with weight work. During the class, you'll be changing the focus from your arms and legs to your hips, abs, stomach, and core. The final section of the class is solely devoted to glutes and hamstrings.