

### **Adult Ballet**

Come enjoy the beauty and grace of classical ballet! This class will cover basic ballet positions, steps and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance and flexibility. All levels welcome.

### **Ai Chi**

This class is similar to Tai Chi but performed in the warm water therapy pool. Learn to move thru a flowing progression of slow, broad movements-using your arms, legs and torso. Improve range of motion and mobility and experience deep relaxation.

### **Aqua Aerobics**

Splash into this low-impact cardio and conditioning class that is high energy and easy on the joints. Barbells and noodles are used for strength and core training.

### **Aqua Yoga**

Yoga in the water is an exciting way to begin or continue your yoga practice. The feeling of weightlessness takes the stress out of challenged joints and stabilizes them to free muscular tightness and discomfort. A practice of mostly standing postures (head stays above water) is presented with props and modifications making the practice of aqua yoga accessible to all levels.

### **Arm, Core and Stretch**

Focus on toning your upper body and core. This class will end with stretches for your back, hips and legs for the ultimate dancers body!

### **The Barre Class**

This class combines isometrics, dance conditioning and interval training to quickly sculpt and tone your muscles. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body.

### **Les Mills BodyCombat®**

You will go through a series of music tracks striking, punching and kicking using movements from boxing, Tae Kwon Do, Muay Thai and Kung Fu for the ultimate fat burning, high intensity cardiovascular workout.

### **Les Mills Bodypump®**

This class combines moderate weights with high repetition for a total-body workout. Participants will use a combination of free weights and a barbell to strengthen major muscle groups.

### **Bootcamp**

Get ready to sweat as you reap the benefits of this ultimate calorie – burning hour with cardio drills, plyometric exercises, strength training and more!

### **Chair Yoga**

This is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for assistance.

### **Core Conditioning**

This 25-minute class strengthens and stabilizes the entire core: rectus abdominis, obliques and lower back extensors. Cutting edge floor work and stability ball exercises are used to enhance abdominal definition and core strength.

### **Cycle**

A cardio workout on a stationary bike. Cycle classes are technique based and/or terrain based. Focus on cadence, heart rate zones, climbs and sprints.

### **Heart Plus Toning**

Light cardio and strength segments along with exercise that promote balance and core stability.

### **H.I.I.T. & Core Training (High Intensity Interval Training)**

Repeated bursts of high intense effort followed by periods of active recovery to improve your cardiovascular capacity and core strength.

### **H.I.I.T. Ropes & Rowers**

Repeated bursts of high intense effort followed by periods of active recovery. Expect weights, ropes and lots of cardio fun!

### **Just Barre**

This class combines isometrics, dance conditioning and interval training to quickly sculpt and tone your muscles. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body..

### **Just Dance**

Easy to follow dance choreography to current and retro hits. Burn fat and learn latin moves and have fun in this well paced workout.

### **PilatesYoga Fusion**

A fitness routine that combines Pilates exercises with the postures and breathing techniques of yoga.

### **Pilates + Equipment**

A series of mind-body exercises evolving from the principles of Joseph Pilates. Class increases core strength, balance and flexibility.

### **Piloxing**

Piloxing® is a fusion cardio workout that combines the power of boxing, the sculpting and flexibility of pilates, and the cardio fun of dance. This non-stop core-centric workout leaves your knees weak, but your pulse strong.

### **Simply Strength**

Challenge your muscles using a variety of equipment including free weights, exercise bands, Resist-a-ball and Bosu Balls. All fitness levels welcome.

### **Therapeutic Yoga**

This class uses the principles of yoga to relieve stress and promote recovery of injury and illness.

### **Triple Threat**

Burn, sweat, tighten and melt your body with three workouts in one session: strength training, core conditioning and cardio drills! Get ready to work every muscle from head to toe and burn hundreds of calories in a motivated group setting.

### **Total Body Yoga**

A multi-level class incorporating breathing, balance and limited strength work. Expect a slow and easy flow of moderate poses and leisurely floor stretches. This class is appropriate for both new and experienced yoga practitioners and is perfect for runners or cyclists.

### **Vinyasa Flow Yoga**

A vigorous, more athletic approach to yoga with flowing poses and sequences linked to the breath.

### **Yoga Basics**

Beginner class working on basic poses (asanas) and flows with attention to alignment and breath awareness.

### **Yoga Sculpt**

A safe upbeat fusion of flow yoga and bodyweight moves that target all areas while still maintaining a strong focus on breathing and then a final relaxation. This class will include modifications and progressions while listening to breezy, uplifting soundtracks.