

Beginning Fit

**Boxing, Balls & Bands:** An easy go to follow kickboxing circuit using basic equipment.

**Silver Sneakers Circuit®:** Combine fun & fitness to increase your cardiovascular & muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles & a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching & complete relaxation in a comfortable position.

**Silver Sneakers Classic®:** Have fun & move to the music through a variety of exercises designed to increase muscular strength and range of motion for daily living skills. Hand-held weights, elastic tubing with handles & a ball are offered for resistance & a chair is used for seated and/or standing support.

**Strength, Stability & Balance:** Basic strength training combined with balance work.

**Stick To The Beat:** Music driven rhythmic drumming for a fun cardio workout!

**Zumba Gold:** Modified Zumba class that recreates the original moves you love at a lower-intensity.

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Cardio & Strength

**Cize:** A fitness program that announce can do! Teaches dance fitness a whole new way!

**Country Heat:** Turn it up to burn it off! Country music dance fitness.

**Kickin' Asphalt (indoor):** A learn to run class brought indoors to work drills and skills to compliment your running.

**Pumped:** Endurance strength workout with fun music. Routines are designed to make the class fly by while getting a great workout.

**Step:** A mash up of several step aerobic styles to make this an intense & fun fitness class.

**Strong:** A "can't miss" class that challenges your strength and endurance a new way each Friday.

**Turbo Kick Live®:** Cardio kickboxing and body sculpting moves choreographed to the hottest music mixes

**Zumba Top 40®:** Each Zumba class is designed to bring people together to sweat it on. We take the "work" out of workout giving you a calorie burning dance fitness party. Your fun radio hits mixed in with traditional Zumba songs for a cardio explosion of fun!

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Cycling

**Cycle Saturday:** Various cycle classes taught by various instructors – lots of cardio fun!

**Cycle & Strength:** A simple cycling class that introduces weight training off the bike for a total body cardio/strength combination class.

**All About Those Hills:** This name says it all. Hills and drills to develop dynamic strength.

**Hiit It Tuesday:** Class format will be sets of repetitive sprints and hill attacks with various resistances and lengths of time. Join us for HIIT IT TUESDAY get out of bed and get in the saddle!

**Urban Funk Cycle:** Get your groove on in the funky, music inspired, cycling class!

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Mind \Body

**Axis:** Designed to fill the gap between cardio & strength with a focus on the core

**PiYo®:** This is an introductory PiYo class that will give you the basic poses in a more gentle routine than our PiYo live.

**PiYo Live®:** A fun challenging class combining Pilates & Yoga. You will burn calories, tone muscles, work on balance & get a great stretch! Great for all levels!

**Stretch:** A safe effective way to improve overall flexibility.

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Water

**Aqua Jog:** Run! In this class we learn the basic principles of water running and then put it to intervals to work cardio conditioning.

**Aqua Pumped:** A shallow water class that incorporates 10lbs weight bars to build strength in the water. Added cardio bursts round off this challenging aqua class!

**Aqua Zumba:** A Zumba class in the water! Water fitness just got crazy!

**Blazin Bouys:** This class uses hand buoys to give you a great water strength workout!

**Deep Travel:** Constant movement creates a full body toning experience.

**Deep Waves:** Come try our deep water class that uses pool fitness equipment to tone up your entire body.

**Silver Splash®:** Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

**Total Body Aqua:** You will never stop making waves in this full body range of motion class with cardio sections to enhance your water workout!

**W-Wow! : (water walk off weight)** A guided water walking class to help your weight loss journey, get your body more flexible & to move easier on land.