

Land Group Fitness Descriptions

BodyPUMP™: this is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Bootcamp: This challenging class utilizes cardio exercises, drills, calisthenics, stretching movements, circuit training, strength training and plyometrics.

CardioSculpt: (55 min) A cardio class that will combine strength and toning of all muscle groups. Get your heart rate up and burn calories while you increase your lean muscle mass with resistance training.

Fun Seekers: A non-choreographed combination of jogging, calisthenics, and strength moves designed to improve your cardiovascular fitness and tone muscles.

Indoor Cycling: In this indoor stationary bike class set to music, the instructor will lead you through a series of drills for a great cardio workout and a ride you won't soon forget.

Low Impact I/II: For seniors, beginners, and those carrying excess weight, this class is a combination of walking, light impact aerobics, toning and stretching. Reduces stress to major joints by keeping one foot on the floor at all times.

Power Cardio: This class will use a variety of exercise formats including Kickboxing, floor and/or Step aerobics, plyometrics (exercises that train for speed and power) and Core Conditioning to get your heart pumping! Limitless! This class is suitable for all fitness levels.

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

Stability Ball Sculpt: This class utilizes stability balls and various resistance equipment to create a total body strength training session. Have a ball and get strong.

Step: A continuous cardiovascular workout featuring standardized choreographed patterns on the step.

Total Body Sculpt: This workout uses standing and floor exercises to train your muscles. A variety of resistance training equipment is used to improve muscle strength, endurance and power.

Yoga Flow: This class focuses on strength and flexibility. Experience the tension release of a great workout from an innovative and challenging program.

Zumba: A fusion of Latin dance that combines motivating music with unique moves and combinations that allow the Zumba participant to dance away their worries. It is based on principles that a workout should be fun and easy to do.

Water Group Fitness Descriptions

Active Older Adult (AOA): Functional Fitness program for all active older adults who want to improve function on land through fun in the water.

Arthritis: Utilizes the warmth, buoyancy, and resistive properties of water to help decrease stiffness and maintain joint mobility. It Follows Arthritis Foundation program. Doctor's note required to participate.

Aqua Sunrise: An energizing combination of cardiovascular work and toning. This class is held mainly in the shallow water, however, will include deep water work. Modifications will be available for those not comfortable with deep water.

Complete Cardio: This class utilizes various areas of the pool and a variety of equipment to challenge your cardiovascular and muscular fitness.

In To Deep: This class incorporates the use of a variety of equipment to insure an intense cardiovascular workout in the deep end of the pool.

SilverSplash®: Offers shallow water moves to improve agility, flexibility and cardiovascular endurance.

Specialty Classes:

Kettlebell: Kettlebell lifting is a proven weight training system that develops strength and endurance simultaneously while improving your coordination, physique and shedding body fat—all in a fraction of the time required by conventional exercise programs. A=Advanced B=Beginner/Inter.

Pilates Mat: This popular form of exercise focuses on core strength. A strong core allows your body to move fully and gracefully with ease. All levels welcome.

TRX: TRX is the suspension training system that utilizes full core strength to engage every muscle of the body. Our TRX classes vary to suit different levels and different needs. Use your core and TRX to elevate you to new fitness goals.

Self Defense: Get fit, learn practical self-defense and develop confidence and discipline. Students will learn the basics of striking, kicking, and grappling for self protection.

Tai Chi: A set of choreographed, slow, flowing movements designed for balance, strength and stress reduction.

Yoga for Kids: The goal of this class is to nurture and creatively challenge kids of all levels with a focus on building foundations for health, self-image and confidence

Yoga for Athletes: Yoga makes a perfect companion for athletes of all sports. Yoga can help you develop a better breathing technique while it improves your balance, flexibility, core strength, and endurance.

