



FITNESS CLASS DESCRIPTIONS

LAND

Cardio Circuit

Instructor: Michelle

This results-oriented class will burn fat and simultaneously tone the entire body to zoom in on the trouble zones. Burn and firm with bursts of cardio and strength training throughout. All equipment provided. Designed to be fun, high energy, and a real calorie burning class.

HIIT

Instructor: Kim

High Intensity Interval Training - alternating short periods of intense anaerobic exercise with less-intense recovery periods. Speed up your metabolism and burn more calories. Serious reduction in total body fat. Improve your energy and endurance and reap the benefits long after your workout ends.

Indoor Cycling

Instructor: Jen, Judy, or Deb

A 60-minute all-levels class. This ride has something for everyone with a mix of flat roads and hills combined with energy zone training (intervals, endurance, strength, speed and recovery), perceived exertion and/or heart rate training to maximize each rider's personal goals. Pedal to the beat of the music and find inspiration to fuel your power within. Bring water and a towel. Heart-rate monitor optional.

Indoor Cycling for Beginners

Instructor: Deb

A 30-minute introductory class. Overview of proper bike setup, understanding resistance, cadence, rate of perceived exertion and basic cycling movements. Get lost in the rhythm of the music and build your aerobic efficiency as well as improve your strength and endurance in this beginner ride. Bring water and a towel.

Karate

Instructor: Pat

Shorin-Ryu Karate comes from the island of Okinawa, the birth place of Karate. Shorin-Ryu Karate is neither a hard or soft style of karate, it incorporates evasive techniques, blocks, strikes, kicks and pressure point applications as well as learning the Okinawan weapons; Bo, Sai, Nunchaku, etc.

Pilates

Instructor: Emily

A consistent Pilates practice can offer benefits for every BODY. Whether you're an experienced athlete looking to step up your training or you're simply looking to start a new fitness routine, Pilates creates a strong foundation of balance, strength, mobility and flexibility. This is a good place to start! We'll teach you the fundamentals of the principles of Pilates. Breath work and core stabilization will be emphasized.

Sparring**Instructor: Pat**

Sparring is an opportunity for students to practice their techniques and reaction timing with a partner in a controlled manner. Sparring at all levels is a light contact where discipline and control are exercised at all times.

Tai Chi**Instructor: Dan**

Tai Chi is a slow, gentle range of motion activity that can be done standing or sitting to help increase balance, flexibility, and boost brain activity and the immune system. No additional equipment needed. Sign up today!

Total Interval Training**Instructor: Kelly**

This intense fast paced class moves from upper to lower body exercises intermixed with intervals of cardio and complete core work. Expect to be challenged. Equipment provided and varies weekly. Class level: Intermediate to Advanced. Modifications will be shown.

Women on Weights**Instructor: Kim**

This no-nonsense class will target those trouble zones for women! This class is ideal for metabolism boosting. Equipment provided.

Yoga**Instructor: Carol, Renee, or Jen**

Do something special for yourself with this mental relaxation yoga class. Unwind with gentle stretches and restorative breathing while learning relaxation techniques that will help you through the week. Create balance in your life and body through the development of strength, flexibility and posture. De-stress your mind and body during this 45 minute class - you owe it to yourself! Please wear comfortable clothing. Yoga mats provided.

Zumba®**Instructor: Shannon**

This class features aerobic and interval training combined with easy to follow dance moves. This Latin inspired dance fitness class uses a variety of routines to sculpt and tone the entire body. You will burn serious fat and calories in class. Exercise doesn't have to feel like work, so let's get dancing!

AQUATICS**Arthritis Aquatics****Instructor: Mary Beth**

Use the water to combine gentle movements and help decrease pain, stiffness, and add range of motion.

Water Exercise**Instructor: Mary Beth**

This class provides a great low to no impact resistance workout that improves cardio endurance, increase strength and enhance flexibility, balance and stability. Class is held in 4 to 5 feet of water.

Deep Water Running**Instructor: Deb**

This class provides an excellent cardio and strength workout! Get a full body workout including arms, legs and all core stabilizer muscles. Hydrostatic pressure of water massages your muscles leading to faster recovery and there is no stress on joints. You will learn proper form and use of equipment; float belts are provided.

SILVERSNEAKERS CLASSES SilverSneakers

SilverSneakers BOOM Mind

Instructor: Carol

The best from yoga and pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower body strength and balance.

SilverSneakers BOOM Muscle

Instructor: Carol

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

SilverSneakers Chair Yoga

Instructor: Jackie

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

SilverSneakers Classic

Instructor: Carol or Kathy

Increase muscle strength and range of movement and improve activities for daily living. You will have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers EnterChi

Instructor: Carol

This is an intermediate class that uses modified tai chi movements in a slow, flowing sequence to improve balance.

SilverSneakers Meditation

Instructor: Carol

This class is designed to relax your body and mind.

SilverSneakers Splash

Instructor: Mary Beth

The SilverSneakers Splash class will activate your aqua urge for variety! SilverSneakers Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required! A special SilverSneaker Splash kickboard is used to develop strength, balance and coordination.