



### **Silver Sneakers® Classic**

Designed to increase strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

### **Silver Sneakers® Yoga**

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.

### **ZUMBA GOLD®**

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. This modified Zumba class recreates the original moves you love at a lower-intensity.

### **ZUMBA®**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

### **Jungle Body**

An easy-to-follow, mood elevating fusion of boxing, dance, and sculpting. Designed to be super inclusive for all shapes, ages, sizes and even those with two left feet!

### **Tai Chi**

Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. A noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

### **Cycle**

Instructors Choice... Come for a great workout and ready to SWEAT!

### **Wheel Results**

Jump on a bike and take a real ride inside! CLIMB up a hill, SPRINT down a hill... all to heart pumping music that'll IGNITE your body with intervals designed to TORCH calories in a RACE to REACH your fitness goals

### **Bikes & Bells**

Bikes and Dumbbells! What could be better? An intense cardiovascular workout with some strength training added. In this class you will use the bike as well as dumbbells and body weight to tone your muscles.

### **Turbo Kickboxing**

This is an interval-based workout for all levels that is fun, exciting, and powerful!

### **Track Intervals**

For those who want to get their miles in! You will combine walking or running with strength intervals and a big stretch at the end. Depending on your speed you will get at least 2 miles (26 laps) but you're welcome to go for more!

### **Dynamic Flow**

Open to all levels designed to keep you moving and breathing throughout the duration of the class. A powerful vinyasa flow yoga class, building both strength and flexibility throughout! Classes finish with a focus on the breath and relaxation to gather the benefits of physical work.

### **Yoga Stretch**

A deeply restorative practice focusing on longer holds and total body stretches. This class provides a calm and relaxing space to let go of tension, focus on your breath, and let all your stresses fall away. All-levels and beginner-friendly.

### **Slow Flow**

Combination of healthy alignment and the freedom to play within familiar and new poses. From beginners to seasoned practitioners, this class hopes to broaden your range of capabilities through the instruction of alignment and breath.

### **All Levels Yoga**

A slow-paced flow with a focus on the foundations of postures. The class has a combination of mobility, strength, and alignment drills

### **Stretch Out and Strengthen Up**

A class designed to strengthen and stretch your muscles from head to toe. A full body workout using active and static stretching as well as functional moves that increase stability, strength and range of motion.

### **Barre**

Hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

### **Pilates**

A strengthening and lengthening form of exercise that works to tone all muscle groups with a specific emphasis on the core. The low impact movements in a Pilates class work to build strength, tone muscles, and create long, lean body lines.

### **LaBlast®**

'If you can clap it, you can dance it' you choose your own intensity by adding optional plyometric movements, light weights, heavy weights, or simply keeping your workout low impact. Come join the fun!!

### **Barre-lates**

Fusion of ballet conditioning, strength training and Pilates. With the use of light weights and ballet barre, you will develop long, lean muscles, gaining definition in all the major muscles groups, as well as improve posture and core strength.

### **Cardio Circuit**

Includes cardio bouts punctuated by strength moves. Maximize your results in a Step Circuit class! Burn fat fast with high intensity intervals. Start the burn with body-blasting sculpting and calorie-crushing cardio bursts.

### **Cardio Blast**

Dance-based cardio class designed to get you grooving to fresh, funky & popular hits! The aerobic style of this class will be sure to keep your heart rate up. Get fit and sculpted with this fun and exciting class!

### **Power Hour**

A combination of Tabata's, functional strength training, and stations.

### **Power Sculpt**

A great way to define, sculpt and build lean muscle. Focuses on intense isolation exercises with free weights and resistance, ending with abs. All-Levels.

### **Fit Troops**

Reap the benefits of this ultimate calorie burning workout through challenging cardiovascular and resistance training

### **Bootcamp**

Interval training that combines bodyweight and strength training with aerobic elements. Participants get the calorie-burning benefits of high-intensity cardio, combined with strength training elements to sculpt muscle, and build strength

### **HIIT Me Up @ Lunch**

HIIT are intense bursts of exercise, followed by active recovery periods. HIIT workouts build cardiovascular fitness while improving strength, lean muscle, and maximizing calorie burn.

### **Hip Hop Step 101**

Need to slow those Xtreme steps down a little? Join Coach Q on Monday nights for a breakdown of Wednesday's Xtreme Step Class.

### **TRX 101**

Make "you" the toughest machine yet! A total body workout with strong core emphasis, using the TRX suspension system. All levels Welcome!

### **TRX Plus**

Each session incorporates TRX suspension strength training combined with dynamic bodyweight exercises to strengthen, tone and shred. Intermediate to advanced level.

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