

Group EX Descriptions

Butts and Guts (Kim) A well rounded workout using free weights, tubing, bars, BOSU, etc. for strengthening ALL major muscle groups designed to shape, define, and tone whole body.

Broga (Josh) Yoga for men! Designed for men of ALL levels. Increase flexibility, toning of muscles, and much more.

Chisel (Holly) This is a great class that will strengthen all your major muscles with simple movements, using a variety of equipment. All ages and fitness levels will enjoy this challenging workout. Fast paced to keep you heart rate up!

Core&Weights (Lori) Sculpting workout utilizing various equipment with the addition of cutting edge core exercises. Improve muscle definition and endurance.

Pilates (Sharon, Fran.) This class focuses on the core muscle group in the trunk where much of our movement in the limbs is propelled from. Pilates mat work is excellent for retraining the body to take the load off the back, establishing good posture, for aging spines, and for those who sit or lift during the day.

Power Hour (Christy) This class will get you in shape in no time. It is a circuit style class, fast paced, and hard endurance. What's not to love about the enthusiastic workout?!

Pump It Up (Andi) This work out will challenge you in strength training and cardio. Burn calories, tone up, and have a blast.

Sculpt & Tone (Holly, Carol) Stronger muscles burn more calories! This class provides an essential body workout to help improve muscular strength and endurance. Includes exercises for the abdominal core and upper and lower body using free weights, exercise tubes, body bars, and exercise bars.

Super Circuit (Sharon) Challenge yourself with this interval class that will strengthen your entire body using tubing, dumbbells, body bars, medicine balls, stability balls and jump ropes.

Weekend Warriors (Ben) Sundays start your week off right. Burn calories, tone up and have a Sunday Funday!

Yoga (Barb, Nancy, Josh) Strength and strengthen your body while learning basic Yoga poses. Improve strengthening your core using Yoga's many standing and balancing poses.

Yogalates (Kim) Combine Yoga and Pilates and focuses on strengthening the core while eliciting the flexibility benefits of yoga. This class will begin with traditional yoga flow poses and transition to more intensive core exercises. Try something new with these two styles fused together.

Zumba (Susan, Carol) This hot class includes easy to follow, exciting and unique Latin moves and rhythms. Come prepared to sweat and dance your way to a better body.

Water Exercise Class Descriptions

AquaFit (Judy M, Mary) Increase your endurance and flexibility while losing inches and having fun! Features water walking and low to more intense impact exercises. Class meets in shallow water and includes some work in the deep water with a flotation belt—participants should be comfortable in deep water.

Arthritis Foundation Aquatics Plus (Judy M.) This course is taught by a certified leader from the Arthritis Foundation. Gentle movements in water help reduce pain and stiffness while increasing range of motion. Class meets in shallow water and includes some work in the deep water with a flotation belt.

Basic Arthritis Foundation Aquatics (Judy M.) This course is taught by a certified leader from the Arthritis Foundation. Gentle movements in water help reduce pain and stiffness while increasing range of motion. Great for people with severe arthritis, following surgery, or people who have not taken the Arthritis Plus Class.

Run River Run! (Mary) That lazy river isn't so lazy in this class. Work against the current to build your endurance and increase strength. All levels welcome in this class.

Deep Water Aerobics (Judy V.) Deep water exercise using toning equipment for a total body conditioning and non-impact aerobic workout. Water belts provided.

Shallow Water Aerobics (Mary) Water exercise to help increase cardiovascular fitness and improve movement, flexibility, and core strength. Class is held in shallow (3 1/2-5 feet) water.

Silver Splash (Mary) You don't need to know how to swim for this class. Use a kickboard for stability and balance in the water. Classes are free to anyone who is a Silver Sneakers member. Others may pay a \$3 pop-in fee to take the class. Stop and pay at the front desk.