



CLASS DESCRIPTIONS

STEP (60 Minutes) Cardiovascular aerobic workout of moderate to high intensity using a Bench.

YOGA (60 Minutes) This class focuses on combining breath and movement during traditional sun salutations. While increasing strength and flexibility you will build your practice by advancing through modifications. Create a calmer mind and healthier body.

ZUMBA (60 Minutes) Dance your way to a fitter you with unique music, latin-inspired dance moves and rhythms!

ZUMBA TONING (60 Minutes) Lightweight maraca-like Zumba Toning Sticks enhance sense of rhythm and coordination, while toning target zones, including arms, core, and lower body. Regular hand weights may be used, or no weights.

Y-FIT (45-60 Minutes) Group fitness class utilizing a prescription of constantly varied functional movements executed at high intensity. Weight-lifting, running, rowing, and more! Within the workouts, movements can be scaled down (or up!) for any level of fitness, so they're challenging every time.

CORE & MORE (45 minutes) A workout for your core and MORE using resistance bands, weights, and other tools, as well as body weight exercises such as squats, lunges, crunches, and planks.

KETTLEBELLS (60 Minutes) Strength – Cardio – Core! Intermediate level class with novice and advanced modalities. Using kettlebells, class participants are taken through a variety of movements all designed to develop overall body strength, mobility, internal energy, work capacity, and vitality. Extreme all-round fitness!

HIIT (Noon Class: 30 Minutes, Evening Class: 45 Minutes) High-intensity interval training is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, using a variety of exercises. Improve your cardiovascular health, build lean muscle and drop fat!

AB LAB (30 Minutes) Core class that focuses on strengthening muscles of the abs, lower back, and torso.

CYCLE (Morning Class: 45 Minutes; Noon Class: 30 Minutes) Indoor cycling is a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drills and exercises.

CYCLE & STRENGTH (45-60 Minutes): Combines indoor cycling with cardio and strength intervals for total body workout!

SILVERSNEAKERS CLASSIC (60 Minutes) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated and standing support.

SILVERSNEAKERS CIRCUIT (60 Minutes) Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SILVERSNEAKERS YOGA (30 Minutes) Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

RYTH-MIX STEP (60 Minutes) Easy to follow low-impact, moderate-intensity cardiovascular aerobic workout with the option to either use or not use a Step. Includes upper-body strength exercises, abdominal conditioning, and stretching.