

**LIQUID LEVELS\*** - This aqua class focuses on 3 different 'liquid levels' in the pool, all derived from specific movement unique to the water; rebounding, neutral and suspended. Expect a blend of cardio, strength and balance for a well-rounded workout. All fitness levels are welcome.

**H2O FIT\*** - Water is a wonderful environment for exercise. This class provides the healthful benefits of cardio and strength exercises while reducing the impact experienced on land.

**FLO-YO\*** - This aqua class is the perfect blend of cardiovascular and flexibility training. Flo-Yo is a unique workout that begins with a cardio challenge, and is then followed by yoga inspired postures. Jump into the pool and improve your endurance, range of motion and balance.

**POWER YOGA\*\*** - A vigorous, fitness-based class guaranteed to build strength and endurance. This vinyasa flow emphasizes muscle building and flexibility training through assorted progressions and concludes with gentle stretching and mindful breathing.

**HATHA YOGA\*\*** - This class begins with a slow flow of postures, then moves into a variety of sequences designed to promote joint health. The practice concludes with a restorative series of deep, relaxing floor postures and breath exercises designed to promote relaxation and a sense of balance and well-being.

**YOGA FLOW\*\*** - This class introduces more challenging aspects of the Vinyasa practice. The flow of yoga postures encourages muscles to strengthen and lengthen; all with a mind body focus for improved wellness.

**QI GONG**- This ancient practice improves mental and physical health by integrating movement, breathing techniques, and focused intention. Qigong serves as a great introduction to Tai Chi and will increase flexibility, energy and connect to mindful movement.

**TAI CHI** - Integrate your mind and body emphasizing breath and mental focus. Tai Chi is well known for its healthful support of strength, flexibility and balance. Quiet your mind, reduce your stress and enhance energy.



Zumba's high energy music blends the rhythms of salsa, meringue, cumbia with reggae ton and hip hop to bring you a dance style cardio workout like never before.



Zumba Toning combines body-sculpting exercises with high-energy Zumba dance moves. Use lightweight, maraca Toning Sticks to enhance rhythm and tone muscles. *Toning Sticks are not required to participate*

**POWER KICKBOX**-Challenge and improve your strength, flexibility and stamina in this fast paced kick box workout. Instruction focuses on proper technique and routines include strength training, punching and kicking drills using striking pads and shields.

**CARDIO REWIND** - Rewind the moves and rev up the workout! This 'blast from the past' cardio class features low-impact aerobics and finishes with some simple toning and stretching exercises. Low on impact but high on energy, this cardio challenge will get your heart pumping.

**STEP REWIND** - Rewind the moves and rev up the workout! This 'blast from the past' cardio class features low-impact step aerobics and finishes with some simple toning and stretching exercises. Low on impact but high on energy, this cardio challenge will get your heart pumping.

**20-20-20** - A high energy workout that gives equal time to cardio, strength and stretch exercises (20 minutes dedicated to each). This dynamic class is dedicated to improving all the components of fitness.

**MUSCLE MIX** - Challenge muscular strength, endurance and balance through a variety of exercises incorporating dumbbells, resistance tubes, platforms & other small apparatus.

**POWER PUMP** - A barbell training class designed to build strength and muscle. With the ability to change the resistance load quickly, this class will not only build muscle it will burn fat.

**BOOTCAMP**- A low impact, high energy, total body workout! Bootcamp uses body weight exercises and a variety of equipment to increase strength and burn fat. Class concludes with a 5 minute, full body stretch; floor exercises will be included.

**POWER CYCLE** - A interval style, cardiovascular workout on indoor Spinning @ bikes. Instructors coach you on various road profiles. New students are advised to arrive early to get fitted on a bike properly.

**BEAT**- This hybrid fitness class uses drum sticks to pound out the 'beat' and work up a sweat! In addition to drumming you'll fire up your muscles for a stronger leaner body using various pieces of equipment. Class concludes with a full body stretch; floor exercises will be included.

**\*Aqua Classes limited to 25 participants, when necessary sign-in is required at the front desk one hour prior to class start time.**

**\*\*Mats are limited. It is recommended to bring your own.**