

# Fitness Class Descriptions

## **CARDIO ABS PLUS!**

A cardiovascular class which includes vertical core conditioning and intervals along the way to keep you challenged. Using various tools. hula hoops, weighted balls, steps and more! Expect to wake up your core and feel your glutes working too!

## **CYCLING**

Use our indoor bikes for a virtual ride filled with hills, speed and drills for a great cardiovascular workout!

## **MUSCLE MADNESS**

One of our most popular classes, a strength training class to work all your major muscles and then some! Using various resistance tools; weighted bars, dumbbells, bands this class is a great way to sculpt your body.

## **MUSCLE MADNESS/CARDIO ABS (rotation)**

The first 2 weeks of the month will be the muscle madness format and the 3<sup>rd</sup> and 4<sup>th</sup> week of the month will be the cardio abs format. If there is a 5<sup>th</sup> week it will be muscle madness.

## **MUSCLE MADNESS XPRESS**

The same style class as muscle madness in a shorter time commitment.

## **PILATES**

This mat pilates class will help develop your core muscles and works on elongation of the body. All levels welcome.

## **RECESS 65+**

This playful circuit style class will focus on cardio and strength training while using various equipment, such as flex bars, fitballs and more to create a fun and challenging workout for those who are 65 years and older.

## **SILVERSNEAKERS ® CIRCUIT**

Cardio circuit is a more advanced class for ages 65+. The format includes standing non-impact choreography designed to work your cardiovascular fitness combined with muscular endurance in a circuit style format.

## **SILVERSNEAKERS ®CLASSIC**

Muscular Strength & Range of movement, a class for ages 65+. The format includes seated or standing options and a variety of exercises to improve strength and flexibility.

## **WATER FITNESS-DEEP & SHALLOW CLASSES**

This class can include cardio, core conditioning and circuit training. Equipment varies; noodles, cuffs, belts and more! Come experience the benefits of water!

## **GENTLE YOGA**

This yoga class is designed to help you unwind, relax, and eliminate fatigue and stress from daily activities. Class format will include restorative practices to mindfully reduce stress to improve the capacity for healing and balance.

## **YOGA**

Yoga instructor bios are available at the front desk. Increase flexibility and strength in our yoga classes, find the style that best suits you! Please pick up a “yoga” card 30 minutes prior to class start as space is limited and classes can fill quickly.