

GROUP EXERCISE CLASS DESCRIPTIONS (updated September 30, 2023)

SPECIALTY FORMATS

Active Adult Fitness: A slow-paced cardio and strength conditioning class that also incorporates balance by incorporating standing and seated exercises while working to music from the 50's to today. Dumbbells, balls and bands may be used to offer a variety of exercises.

Barre & Beyond: Low-impact, ballet-inspired workout combining graceful movements with high-rep body weight exercises.

Kid Fit (Ages 3-7): Structured play using the Les Mills Virtual class, Born to Move. Drop-off at Child Watch first; 2 Child Watch staff will be present; max capacity is 26 kids in class.

Latin Dance: Latin-inspired dance such as Salsa, Merengue, and Samba, as well as modern hits.

Line Dancing: Beginner-level choreographed pattern of steps to various types of music.

Parkinson's Class: Combination of seated & standing stretching and strengthening exercises specific for improving mobility, stability, strength, endurance, cognition, and flexibility.

Revolution Running: Requires registration. Treadmill intervals of running-jogging and recovery.

Zumba®: Exercise in disguise. A mix of low and high-intensity dance using Latin and today's hits.

MIND/BODY CLASSES

Chair Yoga: A gentle practice in which postures and stretches are performed while seated and/or with the aid of a chair.

Gentle Yoga: A slow and steady pace practice with low-impact movements. Modifications available.

Les Mills Body Balance Yoga: Yoga-based class, with elements of Tai Chi and Pilates.

Pilates: Posture, balance, and flexibility movements created to improve core strength.

Stretching Class: Low-intensity stretches to increase range of motion and flexibility. Located on the floor. Bring mat and stretching straps.

Tai Chi Easy™: Tai Chi Easy™ is a mind-body integration practice with low impact exercises that places minimal stress on muscles and joints, making it safe for all ages and fitness levels, and can be done sitting, standing or walking. It includes four baskets: posture and movement, self-massage, breathing techniques and meditation.

Yoga: Yoga focuses on creating a connection between the mind and body through mindfulness, breathing techniques, strengthening and stretching. We will create "flow" by linking movement with breath and we finish each class with restorative postures. All classes can be modified to fit your fitness level. Please bring a mat and water.

Yoga for Athletes: Creates a connection between the mind and body through mindfulness, breathing techniques, strengthening and stretching. Anyone is welcome (not just athletes!) and this may be a good challenge to add to your routine. All classes can be modified to fit your fitness level. Please bring a mat and water.

CARDIO, STRENGTH, & FUNCTIONAL TRAINING CLASSES

Core: Low-impact exercises focused on improving posture, balance, and strengthening pelvis, lower back, hips and abdominals.

Cycling: Journey through flat roads and hills with this low-impact, high-intensity cardio class.

Functional Strength: Fitness for all levels. A combination of strength training, cardio, and mobility. Exercises to strengthen for everyday life demands.

Les Mills Body Attack: High-energy, athletic workout focused on cardio, muscle endurance, and agility.

Les Mills Body Combat: Martial arts inspired cardio to strengthen your body while improving endurance.

Les Mills Body Pump: Science-backed barbell workout using light to moderate weights and high reps to build and strengthen as you get fit.

Les Mills Combat/Pump: A hybrid class combining 40 minutes of Body Combat with 20 minutes of Body Pump.

Les Mills Core: Scientifically designed exercises to build strength, stability and endurance in the muscles that support your core, including abs, glutes, and back.

Les Mills Grit High-intensity interval training sometimes combined with weight exercises.

Les Mills RPM Cycling: Group indoor cycling using stationary bikes.

Les Mills Tone: Integrates aerobic exercise (for heart fitness), resistance training (for strength and stability) as well as stretching and mobility work.

LIT (Low-Impact Training): An upbeat, moderately paced class that incorporates cardio, strength and core. LIT uses a variety of equipment such as balls, bands and dumbbells to get the heart pumping and strengthen your major muscle groups.

Modern Step: A 45-minute cardio class using an adjustable step platform and modern day choreography to energetic music. Class will begin with a dynamic warm-up, followed by a routine that targets several muscle groups, followed by a cool down. Options are available for beginners as well as advanced steppers. All levels welcome!