

# Group Exercise Class Descriptions

**Body Sculpting:** One hour of full body workout, starting & ending with stretches, 5 minutes of cardio, half hour of weight toning hitting all major muscles, and 15 minutes of core exercises. Instructor-LeAnn

**Circuit:** This class involves a cardio and strength training circuit with two minute alternating intervals.

**Classic Cardio:** This is a low impact, medium to high-medium intensity cardio workout. It includes 15 minutes of strength training using hand weights, bands, and other props to target specific muscle groups. This class can easily be altered for many fitness levels. Instructor-Julie

**Dance Fit:** An invigorating cardio choreographed (easy-to-follow moves) dance class to various styles of music focused on body toning and sculpting with proper body mechanics. Includes slow and fast paced tempos with interval training for the entire body, aimed towards making you work hard and feel great! Instructor-Cindy

**Power Toning & Abs:** Instructor Laura teaches different weight training exercises geared towards working and targeting all the muscles of your body. Including exercises to strengthen and firm the torso, flatten the belly, and stretch out muscles for a long, lean line.

**Senior Toning:** This class is targeted towards seniors and involves various strength, flexibility, and balance training, as well as cardio, for a full body workout. Instructor- Michelle

**Silver Sneakers Classic:** Have fun and move to the music with 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 available if needed for seated or standing support. Instructor-Julie

**Silver Sneakers Splash:** Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard and other aquatic equipment is used to improve strength, balance, and coordination. Instructor-Nancy

**Water Aerobics:** Easy on your joints, water aerobics is a low impact class that consists of simple cardiovascular and strength training movements as well as stretches. Instructor-Michelle

**Yang Yoga:** Traditional hatha or ashtanga based asana practice that develops muscular strength, stamina, and flexibility. Instructors-Kate/Jan

**Yin Yoga:** Initially call “Daoist” yoga this style of yoga targets the deep connective tissues of the body (vs. the superficial tissues) and the fascia that covers the body. Instructors-Kate/Jan

“Insanity,” “P90X,” “T25,” “Jillian Michaels Body Revolution,” and “Brazil” exercise videos are also available at the front desk for use in the aerobics balcony.