**AQUA**

Aqua Pool Fitness/Party in the Pool — Total body and non-impact. Cardiovascular, strength, & flexibility exercises, great for rehab or a killer workout all levels welcome.

**Aqua Social:** Choreograph your own workout in the small pool. It’s a time to mix & mingle with other aqua fit enthusiasts, while enjoying upbeat music; aqua fitness equipment will be available.

**Aqua Strength & Fitness:** A moderate-level cardio aqua fitness class. Focuses on increasing heart rate and total body conditioning. A fun, joint-friendly exercise!

**Aqua Fit:** This low-impact is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and flotation belts.

**CARDIO**

**Dance Fusion:** A mixed format dance party! This class combines the latest moves from KPOP, Latin flair, Bollywood, Afrobeats and a splash of TikTok music!

**Spin/Cycle:** A cardiovascular class simulating an outdoor ride; endurance, strength, aerobic, and anaerobic intervals will be the focus of this class. All levels.

**UJAM®:** Funky world beats + easy-to-follow choreo + a house party = U-Jam Fitness. Whether at home, outdoors or inside the gyms, U-Jam always brings the party with a fully body, athletic workout. Come get your Jam on!

**Cardio Dance QiGong:** A cardio class with a form of traditional Chinese mind/body exercise and meditation that uses slow and precise body movements with controlled breathing and mental focusing to improve balance, flexibility, muscle strength, and overall health.

**Zumba®:** Zumba classes are interval-style dance fitness classes that are fun, energetic, and make you feel amazing. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Each Zumba® class is designed to bring people together to get their sweat on with a smile.

**LaBlast®:** Fitness, created by Emmy-nominated choreographer & DWTS pro, Louis van Amstel, is a dance fitness program based on all of the ballroom dances you see on Dancing with the Stars. It is partner-free, includes all components of fitness, and uses music from every era.

**This is Dance:** Experience the fun, agility, flexibility, tone and strength of a dancer. Glide, turn, kick and fly to a variety of dance styles and music from Broadway, Jazz, Funk, Contemporary and beyond. A workout/dance party at the same time!

**Dance Cardio:** Dance Cardio is an exhilarating cardio class to radio hits (pop, club, hip hop) that uses music & easy-to-follow moves combining fast & slow rhythms (interval training) to tone & sculpt your body while burning fat.

**Zumba Gold®:** Bringing the fun moves and great music that you love in a lower impact, modifiable style. Suitable for all levels, and everyone is welcome! Let’s DANCE!

**BollyX:** combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, & motivated.

**MIND BODY**

**Gentle Yoga:** A slow, low intensity Yoga class which focuses on basic Yoga techniques and poses. Beginners welcome, all levels.

**Total Body:** Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. All levels.

**Yin Yang:** This class will focus on the fundamentals of a Vinyasa Flow yoga practice, done in a mindful manner with an emphasis on alignment and breath. We will move, stretch and release tension - and have fun in the process! The class is appropriate for beginners and for experienced yogis who want to explore the benefits of yoga: flexibility, strength, balance and focus. All levels are welcome!

**Power Flow:** Power Flow is a powerful, energetic form where students fluidly move from pose to pose while connecting their breathing to their movement.

**Stretch and Restore:** is a slower paced yoga class designed to focus on extension, flexibility, balance, breath, post-workout recovery, and relaxation. Scheduled on Fridays for maximum recharging benefits.

**Yoga Foundation:** Yoga Foundation is a Yoga Therapy and Yoga Teacher Training center specializing in individually-designed Yoga practices and in-depth Yoga Philosophy and Vedic Chanting studies.

**Heathy Back:** Want to restore flexibility, strength, and overall range of motion of the spine? Through proper stretching and strengthening of key muscles of the spine, learning proper body biomechanics, and sleeping postures, you can relieve spinal discomfort and protect your spine from future injuries. Exercises are gentle, effective, and use only your own body weight.

**Hatha Yoga:** will typically involve a set of physical postures and breathing techniques, practiced more slowly and with less static posture holds than perhaps a Vinyasa flow or Ashtanga class.

**STRENGTH**

**BARRE 30:** A full body workout, fusing ballet barre, cardio, Pilates, and core conditioning. You may utilize small equipment such as light weights or bands. Strengthen the core and improve flexibility. All levels.

**Bootcamp on the Deck:** Strengthens major muscle groups with body-weight exercises and utilizes a variety of exercise equipment such as dumbbells and resistance bands to target the major muscle groups. Build muscular endurance, balance and core stability with a variety of exercises! All levels.

**Balance & Power:** Designed for your less active member to help maintain or increase the ability to perform their activities of daily living.

**Pilates Sculpt:** Pilates-based strength training techniques utilizing small equipment to challenge balance and core strength. All levels.

**Tabata:** Training breaks a workout down into clearly defined intervals typically 20 seconds of a push-it-to-the-limit exercise followed by 10 seconds of rest. “It will jump your heart rate up pretty quickly,” notes Lawton. eight consecutive work-and-relax cycles go into a 4-minute round in Tabata.

**Zumba® Toning:** Perfect For. Those who want to party but put extra emphasis on toning and sculpting to define those muscles! How It Works. The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Benefits:

**TRX:** This class will guide you through energetic and quick flowing sequences, with a dynamic mix of postures. It will allow you to release stress, while still building strength and gaining flexibility. All levels welcome, as modifications are always offered.

**Power Fitness:** Strength Flow is a class for all looking to develop general strength/flexibility, balance, movement health, mobility, and endurance. Every class offers a great sweat, stretch, and pump through a fun and upbeat environment. All skill/fitness levels are highly encouraged to join. Participants will be led through strength exercises, movement skill-progressions, and cardio “bursts” for the 50 minute.

**Legs, Bums, and Tums:** Strengthens major muscle groups with body-weight exercises and utilizes a variety of exercise equipment such as dumbbells and resistance bands to target the major muscle groups. Build muscular endurance, balance and core stability with a variety of exercises! All levels.

**Barrelates:** This class is half Pilates Mat and half Body Barre. Lengthen and stretch your body into shape!