

CLASS DESCRIPTIONS

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 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.

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

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!

HIIT - High Intensity Interval Training involving a series of low to high intensity periods of exercises. Burn calories, improve cardiovascular endurance, and build strength. 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 you with a fully body, athletic workout. Come get your Jam on!

Zumba® - Zumba classes are interval-style Latin 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.

Zumba Gold® - brings 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.

LaBlast® - Fitness, created by Emmy-nominated choreographer & DWTS pro, Louis van Amstel, is a dance fitness program based on all 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. All levels.

Cardio Dance Qi Gong - A cardio dance class with a form of traditional Chinese mind/body exercise and dedication that uses slow and precise body movements with controlled breathing and mental focus to improve balance, flexibility, muscle, strength and overall health.

DanceMix - A variety of dance formats all rolled into one class, a mix of Ujam, Zumba, GROOV3, LaBlast and other dance choreography to pop music. Lots of movement and fun to have in this high energetic class. All levels

MIND BODY

Mat Pilates - Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. All levels

Yin Yang – This Yoga practice consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine. The poses are held for up to five minutes. All levels

Vinyasa Yoga - Dynamic yoga practice that links body movements to breathe. Class will move in a continuous, dance-like flow, and you will breathe, sweat, and relax!

TGIF Yoga Flow - Great for beginners, this Hatha yoga class set to a slower pace will combine a flow technique with deep breathing exercises that will improve the mind-body connection. All levels.

Deep Recovery - Is a restorative class where we practice recovery based on movement and tissue therapy in a state of relaxation. (All levels welcome)

Yoga Foundation – Expect references to early texts, pranayama, mindful movement, making what we learn on the mat relevant to our daily lives, small meditations, and some chanting. This class is open to open-minded beginners, seasoned practitioners, and everyone in between.

Stretch and Restore - Is a slower paced yoga class designed to focus on extension, flexibility, balance, breath, post-workout recovery, and relaxation.

Power Flow Yoga - Power Flow is a powerful, energetic form where students fluidly move from one pose to the next while connecting their breathing to their movement

STRENGTH

BARRE - 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.

Bodyweight Burn - A 50-minute bodyweight-only workout! Guaranteed to keep your heart rate up and your body moving. Class incorporates a 10 minute active warmup, 20 minute "Bodyweight Burn" HIIT workout, 10-minute of core/abs, and a cooldown. Class exercises will include modifications to keep the workout accessible for all fitness levels! It's just you, your towel, and a mat. Come push yourself with a fantastic and enthusiastic fitness community.

Bootcamp on the Deck - Strengthen major muscle groups with body-weight exercises and utilize 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 - This class is designed to target active agers who may be aging and less fit. Each balance and power class includes a gentle warm up, followed by drills to improve balance, stability, and to increase cardio fitness and promote lower body strength. Designed for your less active member to help maintain or increase the ability to perform their activities of daily living.

Total Body Pilates - 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.

Legs, Bums, and Tums - Strengthen major muscle groups with body-weight exercises and utilize 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.

Power Fitness - Is a fusion style class that combines elements of strength training, calisthenics, interval cardio training, and yoga to provide you with a well-rounded fitness routine and a sense of progress and growth. All levels.

Functional Strength - A full-body workout that targets all the major muscle groups with the intention of increasing strength, decreasing body fat, and improving overall conditioning. The focus is on the form while using weights and other equipment in functional movements. All levels are welcome.

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, and modifications are always offered. TRX HIIT includes high intensity interval training involving a series of low to high intensity periods of exercises.