**Group Exercise Class Descriptions**

**AA - Arms and Abs:** is a 30 min quick and effective arm and abdominal workout.

**BAL - Balance:** 30 min. Each class you will increase your balance using safe and effective exercises!

**BB - Body Burn:** 30 min. An intense circuit workout! using the whole body and hand weights to give maximum results!

**BF - Barre Fit:** 55min. Sculpt, condition and strengthen the body using ballet based technique for a total body workout.

**BG - Butts and Guts:** 45 min class targeting glutes and core plus 30 mins cardio.

**CC - Core Construction:** 30 min. Use resistance and cardio to focus on the entire core!

**CF - Cycle Fusion:** 45min. This class incorporates cycle, toning, plyometric, and strength training all in one class!

**CI - Cardio Intervals:** 55 min. Aerobic intervals with moves to tone, ending with a core segment.

**CKB - Cardio Kickboxing:** 55min. Total body conditioning class that uses punches kicks & other kickboxing moves.

**FB - Fitball:** 45min. This class uses the stability ball to strengthen the entire body.

**FC - Functional Conditioning:** 55 min. Cross train your entire body using functional and bodyweight exercises.

**KB - Kettlebell:** 30 min. Is an intense non-stop workout that only utilizes kettlebells for the body

**LD - Leg Day:** 55 min. Think squats, lunges, deadlifts and more. This class is intense training for the legs.

**POW - Power on Weights:** 55 min. Workout using a variety of equipment to increase muscle strength!

**P2O - Power 20:** 1hr. This total body class is divided into three 20 min segments of Cardio, Strength and Core! Come and power thru this hour!

**POW - C:** 1hr. An integrated class of POW with bursts of cardio.

**ST - Strength and Tone:** 55min. This is a total body strength training class utilizing weights will get you strong and sculpted!

**STB - Stretch, Tone, Balance:** 1 hr. This class fuses basic concepts of body weight training, yoga and pilates! Become more functional.

**SSCF - Silver Sneakers Cardio Fit:** 45 min. Is a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Silver Sneakers Classic.

**SSC - Silver Sneakers Classic:** 45 min. This class takes you through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support.

**SSY - Silver Sneakers Yoga:** 45 min. This class will move you through a series of seated and standing yoga poses. Chair support is offered to safely perform these poses and postures. This class does NOT go on the floor.

**SBZ - STRONG by Zumba™:** 1hr. This class is a high Intensity Interval Training - HIIT class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

**TRX - Suspension Training:** 45 min. Take bodyweight training to new heights! TRX builds strength, balance and endurance all with a suspension trainer.

**ZG - Zumba® Gold:** 45 min. This low impact option to the regular Zumba® class is a great mix of fun and fitness! Definitely a party!

**Z - Zumba®:** 55 min. The Zumba® workout fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!