



Group Exercise Class Descriptions

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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!

C-Cycle: 45 min. Cardio workout that utilizes the stationary bikes, allowing for all levels to adjust their own intensity.

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!

P20-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.

SC: Super Circuits: 1hr. total body class involving strength and cardiovascular circuits!

T-Tabata: 45 min. High intensity interval training-HIIT, designed to get your heart rate up in a hard anaerobic zone for short periods of time.

TYS—Tai Yo Stretch: 30 min. This class combines the principles of Tai Chi, Yoga, Pilates and stretching to improve flexibility by actively releasing tight muscles.

Yoga: 55 min. Come strength, tone, and relax in this class. Yoga is for all fitness levels.

Specialty Classes

SSCF-Silver Sneakers Cardio Fit: 45min. 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!