

Class Descriptions:

Active Yoga- Warm up with Tai Chi, train your cardio system, functional strength, muscle balance & flexibility. **AB*, AD*.**

Boot Camp- Strength, cardio, muscle endurance, flexibility, core and functional movement patterns. We never repeat the same class twice! **AL***

Boxing*- 1-hour class uses the fundamentals of a true boxer's workout to strengthen & tone arms, legs, back, & core. Full-body workout tones your body, clears your mind, and engages your spirit. **Requires PLAY EVERYTHING MEMBERSHIP. AL***

Body Blast- Have fun blasting your muscles with the latest chart toting music. 60 min. class includes cardiovascular activities that target the arms, inner & outer thighs, hips, abs, glutes & ends with a blast at the end! Challenges with aerobic fitness & muscle strength. **AL***

Core & More- Tighten, tone & sculpt all muscle groups with an emphasis on the core throughout this highly engaging & informative class. Uses dumbbells, exercise balls, & other pieces of equipment as resistance tools to increase balance and strength! Deep stretching is embedded to round out this fantastic workout! **AL***

Circuit Training- Full body workout that tones & burns calories using aerobic steps, exercise balls, hand weights & kickboxing. Feel fitter, stronger, motivated & encouraged. Incorporate fitness in a supportive group environment. Modifications offered when needed. **AL***

CrossFIT- CrossFit contends a person is as fit as they are proficient in each of ten general physical skills: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy. This class will split 4 sections :Dynamic warm up/ Skill-Strength / work out of the day (WOD) and cool down with stretching. **Requires PLAY EVERYTHING MEMBERSHIP IN*, AD***

CycleFIT- Energetic Indoor Cycling class that includes sprints, heavy climbs for strength, & other techniques that target the core. **AL***

FitLIFE- This is an uplifting Active Older Adult class incorporating light aerobics, free weights & balance training with a variety is a major feature of this class to keep interest and heart rates high! Advanced beginners to Intermediate. **AL***

Golf Strengthening and Conditioning- It's not all about the clubs. This class will help to improve the functional strength, balance and flexibility of the golfer. Instruction includes how to be more aware of your body mechanics and how that will enhance your game. **AL***

HIIT- High Intensity Interval Training **IN*, AD***

KickBOXING- Kick class is a combination of self-defense & karate, incorporating actual kick & punch techniques for a high intensity workout. It focuses on strengthening, toning, speed & cardio. **AB***

Move it or Lose it- Dance to the oldies with this fun, low-impact aerobics class! Cardio, strength, flexibility & balance training. **AL***

Pickleball- Pickleball courts have been marked out across our upper level gyms and available for open play. Pickleball is a new sport that is just beginning to take Topeka's interest by storm. **AL***

Pilates/Yoga - Yoga & Mat Pilates (may be combined) to enhance your body's stability & flexibility. Class offers movements to help improve posture & physical awareness working together to increase balance & flexibility in this Judgment-free atmosphere. Modifications are offered when needed. Bring your own mat & props if you'd like. This class integrates breath awareness, spinal alignment & movements to strengthen & stretch muscles while creating stability & balance. **AL***

Strength Training- Full body workout using a variety of equipment - geared to improve overall strength & burn calories. Short bursts of cardio are incorporated in the class to maximize caloric burn. Modifications offered when needed. **AL***

STRONG by Zumba- Combines high intensity interval training with the science of synced music motivation. Music & moves sync perfectly to push you beyond your limits. This class is NOT Dance. **AD***

Sit & Be Fit- Low-intensity seated workout focuses on warm-up, stretching, toning & light weight training. **AL***

Tai Chi- Ancient gentle Chinese exercise helps concentration, balance, muscle strength, and coordination. Relax the mind & body through safe, slow movements. Particularly helpful for older adults as it can help alleviate joint & arthritic pain. **AL***

Trancing- Treadmill Dancing! Put a little pep in your step with this class! Burn calories while dancing to some hip music. **IN***

Zumba- Exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning dance fitness program. Dance your way into fitness! **AL***

Aqua classes:

Water Walking- Light intensity class in the deep water with a flotation belt. A variety of exercises and walking movements are performed, some using bar bells and noodles. **AL***

Aqua Fit (shallow) - Powercise with a variety of cardio and strength training exercises in the shallow water using water equipment including bar bells, inner tubes and noodles. **AL***

Aqua Tone (shallow)- "Exercises focus on toning, flexibility and balance with low to moderate intensity. The movement in the warm water help with aches of arthritis and other joint limitations." **AL***

Deep Water Workout - A variety of cardio and strength training exercises in the deep-water using water equipment including bar bells, inner tubes and noodles. **AL***