

Active Yoga-Slower paced style of **yoga** which includes passive poses (relaxing body & muscles) combined with holding poses, focusing on breathing & being present. Great counter balance to regular **yoga**. **AL***

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

Boxing*-1-hour class using a heavy boxing bag, incorporates the fundamentals of a true boxing workout including intervals of plyometrics to strengthen & tone the entire body. Can also be therapeutic by clearing your mind & engaging your spirit. Bring your own gloves & wraps or we can provide them on loan! **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. Challenges with aerobic fitness & muscle strength. **AL***

Cardio & Strength-Full body workout using a variety of equipment. Geared to improve strength & cardio exercises to burn calories. Modifications offered when needed. **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 & 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, weights & kickboxing. Feel fitter, stronger, motivated & encouraged. Incorporate fitness in a supportive group environment. Modifications offered when needed. **AL***

CrossFIT-Become proficient ten general physical skills: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, & accuracy. Class will have 4 sections: Dynamic warm-up/Skill-Strength/work out of the day & 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 & heart rates high! Advanced beginners to Intermediate. **AL***

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

H.I.I.T.- High Intensity Interval Training **IN*, AD***

KickFIT-Cardio Kick Movements in addition to Punches & Strikes choreographed to heat pumping music. Core is added to complete this "kickin" workout. Class is done without bags. **AL***

KickBOXING-Kick class is a combination of self-defense & karate, incorporating kick & punch techniques. High intensity workout; 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***

Pilates/Yoga- Combines the **yoga** focus on enhanced mind & body awareness, strength, stamina, flexibility & balance with **Pilates** techniques to improve posture & create a strong & defined core. **AD***

Self Defense-Unarmed Self-Defense. Tae Kwon Do is an art form that is an effective & great way to unify mind & body. It develops one's health by increasing cardiovascular, ability, strength, balance & flexibility. **AL***

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

Strength Training-Designed to introduce & reinforce proper fitness techniques. Uses a variety of equipment for a total body workout with a focus on strength & sculpting. Modifications for all skill levels. **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***

Tai Chi-Ancient gentle Chinese exercise helps concentration, balance, muscle strength, & 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***

Yoga-Can't touch your toes? Always wanted to try yoga but don't know where to start? If you answered "YES" to any of these questions, this class is for YOU! With focused & guided instruction, we work together to gradually increase your balance & flexibility using fun music & a judgement-free atmosphere. Modifications are always offered. Bring your own mat & props. **AL***

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 & walking movements are performed, some using bar bells & noodles. **AL***

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

Aqua Tone (shallow)-Focus on mobility, movement, toning, flexibility, balance & low intensity Cardio. Movement in the warm water help with aches of arthritis & other joint limitations." **AL***

Deep Water Workout-Focus on core, flexibility, strength & mild cardio. Excellent for people wanting to decompress their spine while exercising. Float Belt is the preferred method of flotation. **AL***

Water Dance-Water Dance to the beat of the music in the water! Enjoy the fun of dancing with little or no impact on your joints in an exciting & invigorating aqua dancing class! **AL***

Powercise-Focus on heart pumping Cardio & Strength using a variety of equipment in shallow water. **AL***



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* **AL = Class is great for all fitness levels** **AB = Advanced Beginner Class** **IN = Intermediate** **AD = Advanced**



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