

## *~ Land Group Class Descriptions ~*

**Boxing Cardio Circuit:** In this class you will perform bursts of high-intensity exercises with short periods of rest. Boxing moves and agility keep your heart rate elevated, while constantly challenging yourself by alternating between aerobic and anaerobic intervals. If you want a cardiovascular challenge, this is the class for you...just bring it!

**Combo Step Aerobics:** This aerobic class is a traditional low and high impact at your own pace. The 2<sup>nd</sup> half of class is step with cardio, muscular improve, coordination, and also agility.

**JointFlex:** This class, designed by the Arthritis Foundation, incorporates gentle exercises to increase joint flexibility, range of motion, and enhance muscle strength. It is held in the conference room located at the south end of the hallway.

**Pilates:** Develop core strength, stability, and flexibility with this mat based class that includes blocks, stability balls, light weights, and resistance bands to create a strong and lean body. Everyone will benefit whether you are just beginning or reaching advanced levels of exercise.

**Tabata:** Tabata format training consists of short bursts of intense cardio exercise (20 sec), followed by a less intense recovery period (10 sec). Also incorporated is HIIT style full body strength training. This class gets your heart rate soaring to improve cardiovascular health, while also improving muscular strength.

**Tai Chi:** Sometimes described as “meditation in motion”, this low impact exercise class is great for balance and stress reduction. The class consists of rhythmic patterns of movement that are coordinated with breathing to help you achieve a sense of inner calm.

**Urban Beats:** Bring the party to the fitness Studio! In this class you will be doing high intensity dance moves with an urban feel. If you want to get in shape while having fun, this class is for you. The class goes non-stop BEAT after BEAT!

**Yoga:** This class will help you improve flexibility and breathing, decrease stress and maintain health. You do postures that stretch the body. While practicing a posture, you do breathing exercises to help relax your muscles, maintain the posture and focus your mind.

**Zumba:** A Latin-dance style class with fitness flair! You will have fun, sweat, and get a great workout. Instructors vary on high are medium intensity training. Latin music and Latin moves-Come dance with us!

## *~ Pool Group Class Descriptions ~*

**H<sup>2</sup>O Aerobics:** Endurance and resistance training are combined for a total body workout. Class is held in the shallow end of the pool. Resistant equipment is used in this class which offers shallow or deep water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

**Aqua Zumba:** This class creates a low impact, high energy workout by combining Zumba moves and water resistance. Let loose with this fun dance style class while improving your agility, flexibility, and cardiovascular endurance.