

**Cardio Rhythms & Barre** - A flowing low to no-impact total body workout with an International flair. Move to a fusion of World Music & sample cardio dance exercise from all 7 continents. Each class is balanced with a core-strengthening Pilates abdominal section and energizing stretch.

**Just Weight** - Build stronger bones and burn more calories in this training class. All fitness levels are welcome. This class is designed to learn proper form while performing various muscles conditioning exercises. This is a full body workout using tubes, bands, free weights, step platforms, stability balls and a Bosu ball.

**Preserve The Curve \*NEW\*** - Cardio & core exercises focus on "preserving the curve" in our backs through strengthening, endurance and flexibility routines. Stability ball, weights and resistance bands are used. Various Pilates and yoga exercises are included. Try something new!

**Heart Core Circuit** - This intense workout will blast calories by combining sculpting moves with cardio intervals. Techniques like pyramiding and plyometrics will leave you feeling stronger and in better shape than ever before.

**Cardio Blast** – A high energy class filled with creative and exciting Zumba, Cardio Kick-Boxing, and Step choreography that is geared toward toning your body and increasing your cardiovascular endurance. The class will alternate modes depending on the week as well as focus on strength training. Come join the fun!

**Zumba** - fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. These routines feature interval training sessions where fast and slow rhythms tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA! Fun, Easy, Unique and Effective = ZUMBA

**Zumbatomic®** - What could be better than a ZUMBATIC® CLASS? Where children love to **HAVE FUN, GET FIT** and learn new dance styles. Students will learn to move to the sounds of SALSA, MERENGUE, CUBIA, HIP HOP, REGGATON and more! Ages 8-12 years.

**Sculpt, Core & Stretch** -TONE your muscles to burn more CALORIES. This is a total body sculpting class with special attention to your CORE muscles followed by a thorough head to toe STRETCH.

**YOGA** – 3 combinations of Yoga are taught. **Kundalini**: breath and spinal awareness; **Hatha**: postures supporting flexibility and strength; and **Astanga**: utilizing full body strength and support.

**Mat Pilates \* NEW \*** - Build core strength, flexibility and balance to music. Exercises flow from floor to standing to barre, lengthening and toning your muscles and abs, elongating the spine, and improving posture. Leave feeling stretched, relaxed and revitalized. All Levels welcome.

**Complete Cardio** – Begin your weekend with this energized workout. A variety of fun cardio work will keep you moving and motivated the entire hour. All fitness levels welcome.

**Stroll Away Fitness** - Moms and dads can add some excitement to their walks with "Stroll Away Fitness," a new walking/stroller class in which participants push their stroller (with baby) through a guided routine and then move indoors for muscle-building exercises.

**Arthritis Exercise Foundation** - A recreational water exercise program for persons with arthritis, Lupus, Fibromyalgia or any other degenerative joint disease. Program participants are lead through a series of specially designed exercises that can help improve joint flexibility.

**Hydro-Fitness Workout** - By using aqua-jogger buoyancy, resistance gear and by taking advantage of the unique properties of the water, patrons get a great workout with no impact on the joints. The resistance quality of the water and gear also allows increased cardiovascular and strength simultaneously. All Fitness equipment provided.

**Senior Aquacize** - It's time for a great workout with minimal stress to your joints. Welcome seniors, age 60 and over, who are looking for a fun, safe, way to maintain & improve their level of fitness. Join us for, fun, exercise & socialization.

**Deep H2O Run** - This class is perfect if you're training for a triathlon, marathon, or you just want to cross-train with the best zero-gravity, 360 degree, total body tone up. This intensive class includes cardio, drills, sprints, and core strengthening.