

## Class Description:

**Young @ Heart:** Looking for a low impact workout, here it is a combination of Cardio, Muscle and Balance. Have fun on your way to better health.

**Silver Sneakers Yoga Stretch:** Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Silver Sneakers I (Muscle Strength & Range of Motion):** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Zumba:** Chart topping rhythms and easy to follow moves. The routines feature interval training sessions where both fast and slow rhythms and resistance training are combined to tone and sculpt while burning fat. It's a one-of-a-kind fitness program that will blow you away.

**Anything Goes:** A fun variety of classes. Class content and Instructors alternate weekly to keep you on your toes and wondering what is next. Come in and join us on our adventure of ever-changing challenges.

**Pilates:** Total body conditioning exercise method that combines flexibility and strength to develop mind and body uniformity. Challenge yourself and leave this workout feeling renewed and refreshed.

**Step:** Step up and move. This class will push your cardio edge into high gear and attack the legs in every plane of motion while using the elevated platform or special mat class is designed to cater to all fitness levels.

**Fitness Camp:** Designed to maximize fat loss in the shortest time possible. Incorporates low, medium and high intensity strength, cardio and body weight exercises. Come join our class and improve overall fitness, increase energy and have fun doing it!

**Turbokick:** This workout includes a sport specific warm-up, bouts of intense interval kickboxing specific strength/endurance training and a cool down. It combines movement patterns, combination and techniques specific to the ancient sport of Muay Tai Boxing.

**Yoga:** Optimal Mind/Body fitness experience that is challenging, inspirational and fulfilling. Yoga postures and breathing techniques increase agility, flexibility, strength, endurance and energy level while promoting relaxation and stress reduction, thus creating a healthy exercise program to meet the unique needs of each individual.

**550 Fitness Challenge:** A hard charging, fast paced fitness class designed to take you to the next level of fitness through a combination of high and low impact compound exercises that will keep you coming back for more. This is a full body workout program based on interval training and minimal rest. **Are You Ready For This?**

**Cardio Dance Party:** A super fun dance fitness party!! This Cardio workout will have you burning away calories while moving and grooving to all genres of music, including Hip-Hop, Latin, and Top 40. It's an exhilarating and effective workout! No previous dance experience necessary.

**Power Tone:** A weight training class for all the major muscle groups. Power Tone focuses on improving muscular strength and endurance while burning calories. You'll burn fat while using a variety of equipment including steps, resistance bands, hand held weights, and much more.