



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAND & VIRTUAL FITNESS CLASS DESCRIPTIONS:

Aerial Yoga – Basics – Learn the basics of beginner aerial yoga. Safely build upper body and core strength while having fun. Wear a T-shirt (no tank tops), slippery/tight fitting yoga pants without zippers. Eat a light snack an hour before class. ***This is a paid class.***

Aerial Yoga – Beginners/Family – Family ages 6 & up welcome. Climb, swing & hang around. Burn off energy while learning confidence building skills & having fun. (Kids under 11 must be accompanied by an adult.) Wear form fitting pants without buttons/zippers and a t-shirt. ***This is a paid class.***

Skilled Aerial Yoga – No aerial experience required, but must be already fit & looking to build more strength & endurance in a new & adventurous way. Get ready to sweat & build core/upper body strength while having fun. Wear yoga/form fitting pants without zippers/buttons This is a paid class. ***This is a paid class.***

Athletic Step is an energizing workout using a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear, followed by muscle conditioning to shape and tone your body.

Barre Above™ is a class that fuses ballet, pilates, aerobics & strength training. Barre above is for everybody! Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone!

Candlelight Yoga Relax and unwind with a Hatha/restorative type yoga. Restore your body, mind, and spirit in long holds and gentle movement. Allow yourself to let go in a serene, candlelit environment.

Cardio Jam is a calorie-burning workout that combines kickboxing, dance and martial arts.

Feldenkrais is recognized for the strategies it employs to improve posture, flexibility, coordination, and athletic and artistic ability and to help those with restricted movement, chronic pain and tension.

Group Cycling lets you find your own rhythm in a cycling workout that delivers maximum cardio results with minimum impact on your joints. This class simulates riding on flat terrain or hills while incorporating sprints, jumps and leisure riding.

Les Mills BARRE™ (virtual only) is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

Les Mills BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

Les Mills BODYCOMBAT™ (live & virtual) is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class.

Les Mills BODYFLOW™ (live & virtual) is the yoga-based class that will improve your mind, your body and your life. You will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

Les Mills BODYPUMP™ (live & virtual) is a toning and conditioning class with weights for men and women wanting to add strength training to their aerobic workout.

Les Mills BODYSTEP™ Basic stepping, is at the heart of BODYSTEP – a full-body cardio workout to really tone your butt & thighs.

Les Mills BODYSTEP™ Athletic is a class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body.

Les Mills BORN TO MOVE (virtual only) classes take the effort out of activity by making it fun, combining a motivating and scientifically proven mix of age-appropriate movement with music. Classes available for ages 4-12.

Les Mills TONE™ is the optimal mix of strength, cardio and core training with a challenging mix of lunges, squats, running and tubing exercises to help you burn calories and take your fitness to the next level.

Les Mills CORE™ (live & virtual) is ideal for tightening your tummy and butt, while improving functional strength and assisting in injury prevention.

Les Mills GRIT™ Athletic this class enhances athletic performance: speed, strength, agility, as well as plyometric movements for overall athletic conditioning. ***This is a paid class.***

Les Mills GRIT™ Cardio (live & virtual) this session combines high-impact body weight exercise with an explosive workout with no equipment needed. ***This is a paid class.***

Les Mills GRIT™ Strength (live & virtual) uses barbells, plates and the bench to take training to the next level. Blasts all major muscle groups, leaving muscles shaped and toned. ***This is a paid class.***

Les Mills RPM™ (live & virtual) tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your training level over time. Your instructor will show you how to set up your bike and all the basic cycling moves.

Les Mills SPRINT™ (live & virtual) is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

Les Mills SH'BAM™ (live & virtual), featuring simple but seriously hot dance moves, is the perfect way to shape up and let out your inner star - even if you're dance challenged.

Les Mills THE TRIPT™ (live & virtual) is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

Low Intensity Aerobics includes variety of activities to improve your cardiovascular endurance. Lower impact, fun, and effective!

Pilates improves muscle strength, core stability, posture, and flexibility as well as breathing and relaxation techniques.

SilverSneakers® Cardio Circuit combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

Spin & Sculpt is a total body workout incorporating squats, pushups and lunges.

Strength & Balance is designed to help make everyday activities easier by increasing your balance and strength with both traditional and functional exercises. All levels of fitness are welcome.

Tai Chi Concepts is a series of natural movements using relaxation and breathing to generate health, longevity and internal strength & power.

Women & Weights is a workout where each week you will focus on different muscle groups (upper & lower body) through use of weights, bars and body weight exercises.

Yoga postures focus on correct alignment, strength building, range of motion, breathing techniques and deep, revitalizing relaxation.

Yoga Flex is gentle combination of flexibility moves including traditional yoga poses with an emphasis on balance, joint range of motion & core strengthening. End with a cool down relaxation.

Zumba is a fusion of Latin and International music-dance that features aerobic/fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body.

Zumba +Gold is a high energy Zumba class suitable for all ages - from kids to seniors. Join the party, highlighting the basics of Latin and international dance rhythms.

Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work.

WATER FITNESS CLASSES:

AQUA ABS & ARMS - Any Level - This class is a 45 minute moderate ab workout.

AQUA TONE MAGPIES - Any Level - Enjoy a variety of different exercises each week to tone legs, abs, and arms.

DEEP WATER POWER - Any Level - This class is a more intense cardio and muscular strength workout combining cardiovascular work, deep-water running, jogging, bicycling, and cross-country skiing movements. Focus on muscular strength motions that work the body's major muscle groups.

SPLASH CATS - Any Level - Join the Splash Cat Pack for a fun and energetic water fitness session. Great for beginners, works all muscle groups, provides effective aerobic training, and increases your flexibility.

SPLASH JAM - Any Level - This is an aerobic workout that develops strength, increases muscle tone and flexibility. This hour long class is a total body workout. This class uses noodles, water weights and resistant straps.

WATER AEROBICS - Any Level - You will get a great workout in the water without the impact on your joints that land classes can give you.