



Group Exercise Class Descriptions

STRONG by Zumba:

This class combines body weight muscle conditioning, cardio and plyometric moves synched to original music which has been specifically designed to match every single move. This class works with body weight only and is specifically designed to challenge participants who want to be challenged but to also be completely accessible to all - no matter their fitness level.

Strength Train Together (STT):

This class uses the barbell system with interchangeable plates to give a unique, carefully choreographed, evidence-based, strength training workout that focuses on functional training for all the major muscle groups in the body. This class features hard-hitting fun music that fits every taste and which adds to the appeal of this workout.

Barre:

This class will burn your muscles to their fullest potential by focusing on lengthening, strengthening, stretching and elongation giving this work-out a new and different feel. It also includes many exercises to strengthen the core and the seat. In this class you will burn calories efficiently while at the same time challenging mind and body in a workout you are guaranteed to love! All fitness levels are welcome to attend!

Body Defined - Fire Up:

Focuses on building muscle, increasing endurance, developing strength, and stabilizing the core while improving your balance for an overall functional workout - it will also include short, timed bursts of cardio intervals along with interesting body weight exercise combinations to keep the body guessing and the heart rate up. Use free weights and various other props in fun, creative, and multi-joint movement combinations that will include many assorted balance challenges, keeping the class fun and feeling different each time.

Boot Camp:

This is an extreme work-out that features interval combos, Plyometrics, body strength, core-training and endurance. This class is held indoors and outdoors.

20X3:

A fast-paced, hard hitting class that will work every major muscle group in 20 minute increments. You get 3 different formats in each hour. We start with 20 mins. of cardio kickboxing and or kickboxing/Cardio drills then move into a combination of strength training and bodyweight training done in the form of compound combinations that keep the heart rate up with timed intervals then we usually wind things down with 20 mins. of Abs and glute work. This class is never the same class twice, it is appropriate for all levels. Modifications are always given.

30x30:

A fun and exhilarating class that will take you on a hard-hitting, fast-kicking, heart-pumping journey into the world of cardio kickboxing. This class is designed to push you to your cardio limits and take your work-out to a whole new level. Kickboxing bags are provided for this class.

**Boxing gloves are recommended but not required for this class*

LIFT:

A great strength workout with body weight, balance and postural exercises built in. This class is designed to improve strength, range of motion, balance and endurance using both heavy and light weights. This class will also include some work done on the mat on the floor. This class is specifically designed for our Active Older Adults who want a little more than Silver Sneakers but not as much as Body Defined.

Back to Basics Strength and Core:

A moderately paced, fun class that works the whole body with strength exercises utilizing all sorts of different equipment including bands, weights, balls and sometimes gliders. This class is an excellent way to strengthen and tone the whole body. This class is appropriate for all levels of participants.

Spinning:

Join a wide variety of excellent instructors on a cycling journey full of great music, hills, drills and thrills in this class designed to fit all fitness levels and designed to allow you to customize your ride the way you want to work today. It will challenge your cardio endurance and leave you feeling invigorated and fit!

Low Impact Aerobics:

A great cardio workout designed to improve range of motion, BALANCE, flexibility, endurance and light weight work that benefits joint function and bone density.

Group Strength Training Class:

This class is designed to build muscular strength and endurance using a variety of equipment

Pilates Fusion:

This is a class designed to welcome all levels of students. This class utilizes the classic trainings of Joseph Pilates to take you on a journey through the Basic Mat Flow of exercises that will teach you how to articulate and elongate the spine, strengthen and tone your core and make that ever important mind-body connection to help you achieve balance. This class will also include a fusion of Barre Exercises and Yoga Poses sprinkled in to increase the challenge and give the participant a fusion of all three formats. This class will be taught utilizing various props for fun new ways to challenge the body.

Silver Sneakers Circuit:

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Unlike the Silver Sneakers Classic class, this class is taught mostly standing.

Silver Sneakers @Classic:

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. A chair is used for seated and /or standing support.

Spin & Sculpt:

A perfect mix of cardio-conditioning and resistance-training, you will take a cycling journey full of great music, cardio drills, thrills, and then finish off your workout with a half hour of body sculpting using various resistance training equipment. This class will challenge your body, mind and heart and leave you feeling ready to face the weekend!

Yoga Vinyasa/Hatha Flow – all levels:

This class offers yoga conditioning through a moderate flow, designed to take you on a journey of flexibility that will help you balance body and mind as you are guided through a fusion of classical stretching moves and yoga poses. This class includes opportunity for balance challenges and each student can move to their individual practice guided safely and thoughtfully by the instructors. Class usually concludes with a relaxation (and sometimes a meditation) segment. Bring your own mat and other props.

ZUMBA TONING:

If you are looking for a fun, exciting new workout then this is the one for you! When it comes to body sculpting and high energy cardio work, ZUMBA TONING raises the bar. It combines targeted body sculpting exercises utilizing light-weight “toning sticks” to enhance rhythm, balance and coordination which target all the major muscle groups. This is a high energy cardio workout with Latin infused ZUMBA moves which create a calorie torching, strength-training fitness dance party that will leave you feeling strong, toned and worked completely from head to toe. This class is perfect for all fitness levels.

Tai Ji Quan - Moving for Better Balance

This class requires the participant to sign up through DAXKO for a 12 week session. This is not a drop-in class. This class has its foundation in Classical Tai Chi, however, this particular format takes standard Tai Chi forms and manipulates them to include a balance challenge in each one. You will learn 8 forms of Tai Chi with a balance challenge in each one and will also spend time learning and working through drills designed to challenge your balance of the mind and the body. Anyone can participate - but this class is specifically designed for people struggling with their balance either through injury, or sedentary lifestyle etc.

Updated 6/2021

