



Group Exercise Class Descriptions

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AA -Arms and Abs: is a 30 min quick and effective arm and abdominal workout.

BAL30- Balance 30: Each class you will increase your ability to balance using safe and effective equipment and exercises! 30 mins

BB-Body Burn: A calorie burning 30 min intense circuit workout! This workout uses the whole body and hand weights to give maximum results!

BF-Barre Fit: Sculpt, condition and strengthen the body using ballet based technique for a total body workout.

BG-Butts and Guts: 45 min class targeting glutes and core plus-30 mins cardio.

CC-Core Construction: Use resistance and cardio to focus on the entire core! 30 min.

C-Cycle: 45 minute cardio workout that utilizes the stationary bikes, allowing for all levels to adjust their own intensity.

CF-Cycle Fusion: Take a dynamic cardio ride while toning the body. CF incorporates cycle, toning, plyometric, and strength training all in one class!

CI-Cardio Intervals: Aerobic intervals with moves to tone, ending with a core segment.

CKB-Cardio Kickboxing: Total body conditioning class that uses punches kicks & other kickboxing moves.

CP-Cardio Pump: This fun and energetic class seeks to burn calories through cardiovascular dance intervals mix with strength training exercises.

FB-Fitball: Is a total body workout designed to build strength and stability. This class uses the stability ball to strengthen the entire body,

FC-Functional Conditioning: Cross train your ENTIRE body using a variety of functional and bodyweight exercises. You will train your body in a whole new way!

KB-Kettlebell: Is an intense 30-min non-stop workout that only utilizes kettlebells for total body Improvement!

POW-Power on Weights: Is a 55 min. workout using a variety of equipment to increase muscle strength!

P20-Power 20: This total body class is divided into three 20 min segments of Cardio, Strength and Core! Come and power thru this hour!

POW-C: An integrated class of POW with bursts of cardio.

P+-Power Plus: An integrated class of POW that has a focus on build one muscle group at a time.

ST-Strength and Tone: This is a total body strength training class utilizing weights will get you strong and sculpted!

SC: Super Circuits: 1hr total body class involving strength and cardiovascular circuits!

Yoga: Come strength, tone, and relax in this class. Yoga is for all fitness levels.

Specialty Classes

SSCF-Silver Sneakers Cardio Fit: Is a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Silver Sneakers Classic.

SSC-Silver Sneakers Classic: This 45 min class takes you through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support.

SSY-Silver Sneakers Yoga: This 45 min class will move you through a series of seated and standing yoga poses. Chair support is offered to safely perform these poses and postures. This class does NOT go on the floor.

SBZ-STRONG by Zumba™: This class is a high Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

TRX-Suspension Training: Take bodyweight training to new heights! TRX builds strength, balance and endurance all with a suspension trainer. 45 mins.

ZG-Zumba® Gold: This low impact option to the regular Zumba® class is a great mix of fun and fitness! Definitely a party!

Z-Zumba®: The Zumba® workout fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!