













## GROUP FITNESS CLASS DESCRIPTIONS

CLASS NAME	DESCRIPTION
	<p><b>AquaFit</b> is a mix of cardiovascular and resistance training in the shallow end of the pool. Great for beginning to intermediate level exercisers with minimal impact. You do not need to know how to swim to participate! 60 minutes is duration.</p>
	<p><b>BodyPump™</b> is the original barbell class that shapes, tones, and strengthens your entire body with a focus on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning. 60 minutes in duration. *Must be 15 years of age to participate.</p>
	<p><b>BODYCOMBAT</b> is a high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. 60 minutes in duration.</p>
	<p><b>BOOM</b> is a SilverSneakers workout that incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.</p>
	<p>The <b>SilverSneakers Circuit</b> workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held</p>
	<p><b>SilverSneakers Classic.</b> Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.</p>
	<p><b>CORE</b> is a 30-minute core-training workout that uses your body weight, resistance tubing and weights to tighten and tone your midsection. Exercises are designed to improve your functional strength for better mobility and injury prevention.</p>
	<p><b>MixedFit®</b> is a people-inspired dance fitness program that combines explosive dancing with boot camp toning. Expect to hear your favorite radio and club hits, and be ready to get lost in the music. 60 minutes is duration.</p>
	<p><b>Pilates</b> is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength, and muscle balance. 60 minutes in duration.</p>
	<p><b>RPM™</b> is a 45-minute group indoor cycling workout where you control the intensity. It's fun &amp; low impact. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding.</p>
	<p><b>LES MILLS SPRINT™</b> is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits</p>
	<p><b>Yoga</b> combines physical exercises, mental meditation, and breathing techniques to strengthen and lengthen the muscles and relieve stress. 60 minutes in duration.</p>