

Bootcamp: Cardio, calisthenics, functional training, strength, core and more, the possibilities are endless and so are your abilities! Don't be afraid to try it! The class is adjusted to fit all fitness levels! (This class may be held outside. Bring water!)

Cardio Strength: Get a full body strength workout using body bars, dumbbells, body weight and kettlebells. Fun and challenging!

Circuit: Various exercises and equipment make this class fun and keep your body guessing! Strength and cardio are combined in a 45 minute circuit routine.

Cycle Circuit: Bikes will be used for all the cardio and stations will be set up for strength. Work all major muscle groups for muscular endurance training and you use the bike to keep the cardio level up. Fun and challenging!

Glide: Using a disc which allows for smooth, fluid, graceful movements. You work upper body and legs while engaging core stabilization throughout the range of motion

Indoor Cycling: This class simulates a variety of terrain and intensity. Hills, flats, jumps, sprint interval and endurance interval training are all included. Our bikes are equipped with foot cages and SPD pedals.

Ladies Lifting: Learn to safely and effectively train all major muscle groups through supervised lifting with other women!

Low Impact Aerobics: One foot remains on the floor at all times in this aerobic class. You need not be airborne to get your heart rate up, burn fat and have fun!

Salsa Jam Fitness: LOVE TO DANCE?? Try this class! Fun, fast paced moves set to great music makes working out a blast! Each and every class is like a dance party

SilverSneakers® MSROM: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is used for seated and/or standing support. **SilverSneakers® Cardio Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power.. A chair is offered for support, stretching and relaxation exercises. **SilverSneakers® Yoga Stretch:** Increase flexibility, improve balance and ease your stress level. A chair is used in this gentle yoga practice.

Step: A fun, high energy, all around cardio workout designed to get the heart pumping and the body moving. The easy to learn step combos will leave you feeling energized and coming back for more!

Teen Lifting: Teens ages 14 and up will learn to safely and effectively train all major muscle groups through supervised lifting.

Tai-Chi: A traditional Chinese practice using slow soft martial arts. Along with relaxing meditative techniques, benefits include improved flexibility, balance, strength and coordination. Tai Chi is good for people of all ages and levels.

Yoga: A flowing sequence of postures, focusing on building strength, flexibility and balance. Breathing techniques and meditation are utilized to help you relax and find peace. All levels welcome.

Yoga Dance: A combination of easy yoga moves & playful dance. Traditional or for Special Populations (spec. pop. uses a chair; great for arthritis, Parkinson's, MS, Fibromyalgia, etc.)

Yogalates: This class combines the best of yoga with the best of Pilates to strengthen and stretch all major muscle groups.

WATER AEROBICS (See descriptions in Activity Guide)

<i>Splash I</i>	8:30am – 9:20am		8:30am – 9:20am		8:30am – 9:20am
<i>Splash II</i>	9:30am – 10:20am		9:30am – 10:20am		9:30am – 10:20am
<i>Platinum Splashers</i>	10:00am-11:00am		10:00am-11:00am		10:30am-11:30am
<i>H2O Strength</i>		8:30am – 9:20am		8:30am – 9:20am	
<i>Hydropower Deep</i>		9:30am-10:20am		9:30am-10:20am	
<i>Aerobic Waves</i>	5:30pm – 6:30pm		5:30pm – 6:30pm		
<i>Power Waves</i>		5:30pm – 6:30pm		5:30pm – 6:30pm	
<i>Express Breath (Outdoor Pool)</i>	11:30am -12:20pm		11:30am -12:20pm		11:30am-12:20pm

