

Group Exercise Descriptions

AQUATIC BODY SCULPTING

Low-impact class designed to work the body from head-to-toe by toning and increasing lean body mass.

AQUATIC PLUS

Improve your overall health with this dynamic

) 8 1) , 7 1 (6 6
/ R Z L P S D F W I L W Q H V V I R F X V H G R Q E X L C
F D U G L R Y D V F X O D U V W U H Q J W K L P S U R Y I

NEW LIFE ACTIVE ADULT

Engaging strength training, core, development, work on balance, flexibility and stretching. Our students are inspired to challenge themselves

& 2 5 () , 7 1 (6 6

: D O W D O I H O W U R Q J F I O D V K I V L W O R X G O R G H
P X V F O H V P Z K L R S H L Q W X U H R X H K F L W H W U W Q D W
W I D E G R D B E G D F N P X D E C Q F M I H O H V H E L O L W \

3 2 : (5 6 & 8 / 3 7

) X C E G \ Z R Z I L M R I K R V D E L Q D Z H L L R J Q Q F U G L R

WORLD DANCE JAM

Fun, smooth cardio dance class that targets the core and legs while learning the basic moves to Cuban style salsa, merengue, cha-cha-cha and more! Easy to moderate cardio

TAI CHI

Chinese martial art emphasizing fluidity, circular motion and a strong base of support. U W L Q W K H O E R G H P Q L D F O X G D P W M focus.

YOGA

Based on the Hatha method. Learn specific postures, breathing exercises and meditation to increase flexibility, muscle tone, balance and harmony.

YOGA FOR ARTHRITIS

Learn specific postures, breathing exercises and meditation to increase flexibility, muscle tone, balance and harmony performed in a chair.

ZUMBA

Latin dance-based, high energy cardio class with resistance training.