



### Active Adult

Class focus is on exercises that maintain a healthy body with emphasis on strength, balance, coordination, stamina, posture, agility, and fall prevention.

### Barre

Lengthen and strengthen your body in this class. Barre is a fun, dance inspired class that incorporates elements of Pilates, dance, yoga, and functional training. The concept of muscle fatigue in a low impact fashion will maximize your results!

### **LES MILLS BODY PUMP**

This 60 minute workout challenges all major muscle groups by using the best weight room exercises! You will burn up to 600 calories per class while building muscle strength and tone.

### Chair Yoga

The practice of chair yoga is a wonderful way to stretch, strengthen, and relax both the mind and the body.

### **Challenge Class**

Join us for a full body challenge on the 2<sup>nd</sup> Friday of every month. With good music, fun moves, and good friends, you won't even realize you've been working out for 75 minutes. Stay for food, fun, and friendship after the class.

### Cycle

It's all about the bike! Challenge your cycling endurance and learn how to maintain target heart rate for a high calorie burning workout.

### **Cycle/Strength**

Get your cardio and weight training in one class! Cycle for 30 minutes, and then grab some weights for a great 30 minute strength workout working your upper and lower body.

### **Cycle/Strength/Core**

This 75 minute class is your cycle/strength with an added core component. Come for just the cycle portion or stay for a complete cardio and strength workout.

### **Cycle/Stretch**

Want a long ride? This class will challenge you with a 45 minute ride followed by a much needed 15 minute stretch for those tight muscles.

### **Total Body Conditioning**

This class will work your entire body and your cardiovascular strength! With 35 minutes of cardio, we will keep you moving throughout this class using jump ropes, steps, ladders, and more for a fun and energetic format.

### **Strength**

This low impact class will help you to maintain and increase muscular strength utilizing body weight and a variety of different pieces of equipment.

### **Triple Play**

Try this class that includes 15 minute sets of low impact cardio, strength, and core. Class utilizes different pieces of equipment to achieve overall muscle and cardio endurance.

### **Yoga/Gentle Yoga**

A yoga format designed to link several poses together to create strength, flexibility, endurance, and balance.