

### **Aquafit**

A workout using water for resistance, toning muscles, and increasing endurance and flexibility.

### **Gentle Shallow Aquafit**

A gentle workout made to put your joints through all the range of motion in order to increase and maintain mobility and strength.

### **Zumba®**

This energizing dance fitness class features Latin and international rhythms

### **Indoor Cycle**

Cycle your way to good health. This class is suitable for all levels of fitness as it is considered to be a low impact workout. The instructor takes you through a variety of drills with different speeds and intensities that will leave you feeling exhilarated.

### **Pilates**

Pilates classes are a full body workout that create long, lean muscles. Pilates is performed on a mat on the floor and achieves results by using gravity and your body's own resistance — and sometimes small props, such as foam rollers, balls or weights. This beginner friendly class is ideal for multiple fitness levels. Pilates will improve your flexibility, posture, strength, and balance.

### **Hatha Yoga**

An introduction to basic breathing techniques, postures and relaxation exercises.

### **Yin Yoga**

A slower-paced, more meditative version of the popular physical and spiritual discipline of yoga.

In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles.

### **Gentle Yoga**

This class is a combination of a regular yoga class and a yin yoga class.

### **HIIT**

HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate followed by short periods of lower intensity movements.

### **Total Body Strength**

A full body workout that combines traditional strength exercises and functional training using a variety of equipment.

### **LifeFit**

LifeFit classes have been designed to enhance your healthy lifestyle through scientific evidence based exercise programs. The class aims to improve your body composition, lean muscle mass and physical function.

### **Strength & Balance**

This low/moderate intensity class features exercises that focus on everyday movements to improve balance, strength and stability. The class is not appropriate for participants who use walking aids or cannot stand without support for periods of time.

### **Fusion**

This class combines elements of yoga, pilates and fitness to stretch muscles, strengthen the core and challenge your balance.

### **Cardio Sculpt**

Class will focus on a series of cardio moves combined with full body resistance movements utilizing various pieces of equipment.

### **Cardio Strength**

Full body, interval style workout using variety of equipment and body weight to improve and challenge both cardio and strength while also boosting metabolism.

### **Glutes and Core**

In this 30 minute class we will work on glute activation and ab exercises.

### **Core and Stretch**

A 45-minute class which starts with a gentle warm up and includes balance exercises, core and back strengthening while standing and on the floor. The class ends with 15-20minutes worth of stretching for the entire body.

### **Fit 45**

Come and get fit in the weight room, learn proper technique and form with an experienced trainer in a small group(Maximum of 6 participants) registration is first come first served and begins 30 minutes prior to class start.

### **Glutes and Abs**

Build muscle and core stability in this strength-focused Abs and Glutes Workout.

### **LIIT**

Low Intensity Interval Training. The gentler cousin of high-intensity interval training (HIIT), LIIT consists of low-impact exercises performed in intervals followed by a slower-paced recovery period.