

# Group Fitness Programs

## **Barre Fitness**

A targeted, full body workout performed at the ballet barre creating long lean muscles and improved posture. Interval training at the barre and on the mat uses small controlled movements and your own body weight to work every major muscle group. Active stretching to increase flexibility and elongate muscle follows each exercise. (1,2,3)

## **Body Blast**

A high intensity total-body workout focusing on all major muscle groups. A variety of exercises using all types of equipment. (1,2,3)

## **Body Sculpt**

This class utilizes a variety of equipment and exercises in interval training to keep your body at its peak performance. (1,2,3)

## **Cross Training**

Includes different activities and equipment each class focusing on full body workouts. You will get something different every class. (1,2,3)

## **Core Focus Together**

Trains you like an athlete in 30 action packed minutes. A strong core from your shoulders to hips, will improve your athletic performance, help prevent back pain and help strengthen your abs. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, plates, a towel and a step- all to challenge you like never before. (2,3)

## **Croxx Maxx**

The ultimate in strength and cardio challenges. A combination of running with a variety of strength exercises including the ascending rope and battle rope. This class will push you to the maximum limit. (2,3)

## **Cycle and Core**

This program gives you 30 sweat filled minutes on the bike working on speed intervals, resistance building, and all out sprints. This is followed by a 15-30 minute core workout on the mat focusing on all those core muscles between your shoulders and hips. (1,2,3)

### **Group Cycling**

The instructor will lead you through the proper progression of exercise intensity on a bike. Working with speed and resistance, you will be in complete control your fitness ride in this class. (1,2,3)

### **Hatha Yoga**

Exercises that promote breathing, stretching, and work on flexibility and muscle strength. As you stick with this program you will see flexibility improvement and overall relaxation through out the day. (1,2,3)

### **Pilates**

Try this series of mat exercises which are designed to improve muscle strength and flexibility. Balance and posture improvements will become noticeable through out this program. (1,2,3)

### **Pi-Yo**

A combination of pilates and yoga that lengthens, strengthens, and tones muscle while improving flexibility. This is a more intense class than your normal yoga or pilates. (2,3)

### **Prime Time Fitness**

This class targeted for men and women over 55, includes strength, cardio, and balance exercises. A step up from our SilverSneakers programs, participants will not use chairs and will go all the way down to the floor. (1,2)

### **Senior Quickfit**

Consisting of cardio and strength training exercises designed to gain stamina, build lean muscle mass, while increasing balance and flexibility. This is a 30 minute circuit style class for our senior members. (1,2)

### **Step Aerobics**

A fantastic cardio workout, with a great friendly atmosphere. This class includes cardio, muscle toning, and flexibility. Each workout ends with an additional core workout. (2,3)

### **Strength Train Together**

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls with functional movement exercises. With great music and a motivating group atmosphere, this class will get your heart rate up and push you to your personal best. (1,2,3)

### **TRX**

A total body functional workout where you control the intensity of the exercises. Small group, instructor led class, keeps this program a great starter class for those unfamiliar with group fitness. Only 7 spots available per class. (1,2,3)

### **Turbokick**

This is a combination of intense kickboxing moves as well as dance moves that is choreographed to high energy and motivating music. (2,3)

### **Zumba**

Zumba infuses latin rhythms and easy-to-follow moves creating a dynamic and exciting class. You will get a full body workout from your legs, to your core, and even your arms with the zumba toning sticks. (1,2,3)

# SilverSneakers Programs

## **SilverSneakers Classic**

This class will have you 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 available for seated and standing support.

## **SilverSneakers Circuit**

This class combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work is alternated with low impact aerobic choreography. A chair is used for standing support, stretching and relaxation.

## **SilverSneakers Yoga**

Designed for all fitness levels and focuses on poses and postures to improve breathing, flexibility, balance, muscular strength, and endurance. This class will also help with joint range of movement.

# Aquatics Group Fitness

## **Pace Arthritis Aquatics**

This class is designed to maintain and/or increase range of motion, flexibility and endurance. The warm water, moderate pace and gentle exercise make it ideal for persons with physical limitations caused by arthritis, previous injury, etc., as well as for those who are less active.

## **Aqua Aerobics**

This aerobics class is for both the swimmer and the non-swimmer. Taught in the shallow, this is a high energy, low impact workout designed to give you a run for your money. Come prepared to work and have a few laughs.

## **Aqua Variety**

This class is taught in both the deep and shallow waters. the instructor will lead you in an exhilarating and high energy workout of kickboxing, barre, and many other types of workouts, as well as the occasional game or two. Come join the fun and fitness.

## **Yoga Splash**

This class is a great way to stretch out those muscles while keeping the impact low on the joints. Mercy will take you through deep breathing and stretching through out this class.