

**GROUP EXERCISE GUIDE**

**AM Drills** - A fantastic workout where you go from station to station to get your workout! Guided and encouraged, you work at your own pace and fitness level. Exercises/stations change weekly so you will always be challenged with something new!

**60 Minutes / IA**

**Aqua FIT**: Moderate-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment. **60 Minutes / BI**

**Cardio Pump Combo**-A total body conditioning class utilizing a variety of resistance equipment designed to increase definition and strength. Pumping your heart rate up by performing cardiovascular movements on and off the Step with muscle conditioning exercises using Gliders, Stability balls, tubing and free weights. **60 Minutes / IA**

**Core Control** – Classical Pilates with an emphasis on strengthening back and spinal muscles for a strong spine as well as abdominal strengthening including some great stretches to relax. **60 Minutes / BIA**

**Core & Restore**- This class allows participants to participate regardless of their fitness levels. By incorporating Balance, Coordination and traditional Pilates, this class gives you flexibility and strengthens the back and abdominals. Pilates with a “twist”!

**60 Minutes / BIA**

**Cycle** – Come find the inspiration you’ve been looking for on a cycling bike. You’ll love the high-energy music guiding you through the challenges of intervals, hills, jumps, racing and ends with a cool down. **50 Minutes (45 Minutes Cycle & 5 Cool Down) / IA**

**Cycle Plus** – Intense indoor group cycling followed by floor, core and more. **60 Minutes (45 Minutes Cycle & 15 Abs) / IA**

**Gentle Yoga** – A yoga class gentle enough to attend every day. **45 Minutes / BI**

**HIT (High Intensity Training)** - What do you get when you combine a high-energy routine with muscle conditioning? A great mix of strength and endurance. (*This class may also be modified for both low and high impact movements.*) **60 Minutes / IA**

**Interval Madness** – This class is designed for all ages and capabilities. Take your exercise routine to the next level with this challenging but fun class. The intervals vary from high / low intensity, aerobic / anaerobic to intervals of challenging but do-able strength training. There will be periods of rest in between.

**Mind, Body & Fusion** – Same class as always, just more. This class consists of a combination of Pilates, Yoga, Stretch and Core movements. **60 Minutes / BIA**

**Stretch & Relax** – Stretching is the key for a healthy body ... Relaxation is the key for a healthy mind ... The focus of this class is to help relieve the stresses of the day. All levels welcome. **45 Minutes / BI**

**Total Body Conditioning** - Train your body in the way it was intended to work, as a complete unit. This class will incorporate strength, endurance, coordination and balance using various tools such as weights, bands, balls and body weight for optimal conditioning. **60 Minutes / IA**

**Tred & Tone** – Begin with a 30-minute cardio workout starting on the treadmill on the fitness floor. Then class will move to the big group X room to finish with 30 minutes of toning, floor & abs. It’s like a small group personal training but for free! **60 Minutes / IA**

**20/20/20** – Is designed to give you the ultimate challenge and total body workout utilizing balls, bands, chairs, weights and more. In this class, the fitness instructors will introduce you to a lot of variety. **60 Minutes / BI**

**Yoga** – Creates strength, flexibility and balance through a unique combination of breathing techniques and postures. The class is geared for each person’s individual needs and results in increased vigor and vitality. **60 Minutes / BI**

**Yoga Core**

Start your day with an energizing abdominal and yoga workout. You will work abdominal and lower back muscles with core movements and Yoga postures in a Vinyasa (Flow) style Yoga class. **60 Minutes / IA**

**Zumba** – A fun, calorie-busting, aerobic workout which incorporates unique, freestyle Latin dance moves, music and rhythms. All fitness levels welcome....be ready to have some fun as you dance your way to a fitter you! **45 Minutes / BIA**

**B = Beginner**

**I = Intermediate**

**A = Advance**