

GROUP FITNESS CLASS DESCRIPTION –JANUARY 2024

Cardio Dance–Choreographed dance moves to upbeat music. Move, groove and dance with us!

Cardio & Strength –Class will include cardio exercises and strength training designed to improve endurance, strength, and overall conditioning. Various equipment may be used.

Cycle & Conditioning–A one hour class with the first 30 minutes on the Cycle, followed by 30 minutes of Total Body Conditioning in the gym. This workout will target all major muscle groups.

****Deep Water and S.E.A. Fit–AQUATICS CLASS** A body toning and cardiovascular conditioning exercise class held in deep water. A great low impact exercise program that protects participants joints. Water flotation belts available.

Early Mornin' Bootcamp –A quick paced 45- minute style workout which targets the entire body. Consists of both cardiovascular and strength exercises with short rest periods, and both cardiovascular and strength exercises using various types of equipment.

****Forever Fit– AQUATICS CLASS** Low impact exercise for active older adults wishing to improve aerobic and muscular strength. Taught in shallow pool. No swimming skills required.

Forever Fit –Choreographed dance and strength exercises for active older adults set to classic upbeat music. The class is a great workout if you find yourself looking to get back into exercise, adding a new fitness avenue or for the regular fitness goer!

HIIT and Interval Training – 45-minute workout with brief bursts of high-intensity intervals and short rest periods. Class will target every major muscle group and increase heart rate. Body weight resistance and dumbbell exercises. Equipment provided.

****Hydro Fit–AQUATICS CLASS–** A shallow water exercise class focusing on all muscle groups. No swimming skills required.

Indoor Cycle –Bring your ride indoors! This class utilizes a stationary bike and focuses on endurance and strength. The ride will feature intervals, high intensity sprints, climbs and recovery. Helps develop cardiovascular and muscular conditioning.

Interval Training– See HIIT

****Intro to PILATES –NEW THIS MONTH** – A class which focuses on strengthening the body, keeping it symmetrical, and aligned with good posture– all powered by creating a strong core area. It will concentrate on flexibility, muscle tone and balance, while coordinating appropriate breathing techniques. Will be performed primarily lying on floor using a mat. The ability to get up and down on the floor is required.

Mindful at any Speed –A practice comprised of Qigong, Hatha Yoga and Meditation. Qigong will be the warm-up for the Yoga practice, and end with a short, meditative/relaxation session. Develop flexibility, emotional balance, and stress management.

Muscle Pump–Full body muscle endurance workout incorporating the use of body bars and handheld weights. The routine consists of warm up, mild static stretches, conditioning largest to smallest muscle groups. Core work with deeper stretches to complete!

Power Yoga – A dynamic, flowing practice which cultivates strength, flexibility, balance, focus on endurance. Power Yoga tones and sculpts the entire body.

Qigong–A gentle form of ancient Chinese exercise that balances the body and mind together in a relaxed manner to promote health and wellbeing. Qigong can be performed seated or standing and is for all abilities.

SHINE – Rooted in Jazz, ballet, and hip-hop, this workout gives you a creative outlet that includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. Suitable for beginners and experienced dancers.

Silver Sneakers Classic®–Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support. Exercises can be modified to accommodate all fitness levels. Sit or stand.

STRONG Nation® – A demanding session that works your entire body. STRONG Nation combines body weight, muscle conditioning, cardio and plyometric training to original music specifically designed to match every move.

Tai Chi – An ancient Chinese form of exercise which utilizes breathing, visualization, and movements that work the entire body. This 10-week session (Jan 8–Mar 11) will focus on the “Easy 9” sequence which was developed to provide a flow of movements that are enjoyable, adaptable, and easy to learn. **** Pre-Registration is required.** Free for Chamb. Y members, \$40 for Non-Mem.

Total Body Conditioning –Full body workout targeting all the major muscle groups. Contains isolated and compound exercises that will increase strength and improve overall conditioning. Includes a warmup, cooldown, traditional sets, and combination circuits.

****Twinges in Hinges –AQUATICS CLASS–** Designed to assist individuals living with joint pain or mobility difficulties. Exercises are progressive based on ability and physicians’ recommendations. Taught in shallow water. No swimming skills required.

Yoga for Everyone–A sequenced practice introducing mindful movements, breath control, and basic yoga postures to improve physical, mental, and emotional fitness and promote resilience by integrating body, breath, and mind. Great for new students.

Yoga Flow– Yoga postures that flow in a logical sequence and repeated. Each position complements those that precedes & follows. Practice focuses on synchronization of breath & the continuous flow of movement. This strong practice will build heat, endurance, flexibility, strength, and mental focus. Ending with a brief Savasana. Mat work will occur. Participants bring your mat and yoga block is highly recommended.

Zumba®–Join the Party! Easy to learn dance steps and aerobic exercise moves are combined and performed to Latin and other music from around the world. This energizing class is a great way to burn fat and tone muscles. Movements are in fast and slow intervals and the variety of steps work on every part of the body.

Zumba Gold®–Class introduces easy-to-follow Zumba® choreography that focuses on cardio endurance, balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong! Ideal for anyone looking for a modified dance class that moves at a lower intensity.