



GROUP EXERCISE CLASS DESCRIPTIONS

Cardio & Strength

UPPER BODY SCULPT	The BACK, BICEPS, & TRICEPS are the focus in this upper body sculpting class
DANCE & BURN	GROOVE, BURN, & LEARN the steps of salsa, merengue, bachata, regueaton, and cumbia dance.
Y - CORE	SHRED your CORE in this intense 30 minute core focused training class
Y - CYCLE	Challenge your ENDURANCE and improve your HEART HEALTH through a challenging indoor ride
ZUMBA (BASIC)	Challenge your ENDURANCE and improve your HEART HEALTH through a challenging indoor ride
HIIT BOXING	BURN and PUNCH away this stubborn fat in a high intensity boxing circuit
HYBRID FITNESS	MAXIMIZE results at any level of fitness with combo class of STRENGTH and CARDIOVASCULAR training.
FIT - BALL	Using a fit-ball and weights, this high intensity class will challenge your core stability and strength, as well as your balance
Y - STRONG	SCULPT AND CHISEL every muscle in this TOTAL BODY strength training class

Low Impact/Low intensity

BALANCE & FIT	Perform selected movements that improve STRENGTH, BALANCE, and ENDURANCE ; class is to be completed with a chair
FIT - 4 - EVER	Perform selected movements that improve STRENGTH, BALANCE, and ENDURANCE ; class is to be completed with a chair
FUNCTIONAL FIT	Prepare your muscles for daily tasks by performing movements you perform at home or work
SILVER CIRCUIT	Prepare your muscles for daily tasks by performing movements you perform at home or work
POWER CHAIR YOGA	A low impact/moderate intensity class incorporating free weights into a steady yoga flow. All movement performed in a chair.



GROUP EXERCISE CLASS DESCRIPTIONS

Mind & Body

CHAIR YOGA

Perform **POSTURAL WORK**, **BREATHING**, and **RELAXATION** all from the comfort of a chair

YOGA FIT

ACTIVE VINYASA; holding a series of challenging poses for longer periods of time to improve strength and flexibility

YOGA FLOW

Practice **MINDEFULLNESS** with a **SLOW PACED**, **HATHA** yoga flow to improve strength and flexibility

PILATES

Perform low impact flexibility, muscular strengthening, and endurance movements to improve **POSTURE**, **CORE STRENGTH**, and **BALANCE**