

Cardio	Strength	Seniors	Yoga -- Tai Chi	Aquatics Exercise	Aquatics Exercise
<p>DANCE2FIERCE: is about movement that celebrates the power and rhythm of dance. The class is designed to unleash your inner dancer while delivering a full body workout. Dance2Fierce incorporates 60% dance and 40% fitness to create a fun, full-body workout.</p>	<p>BODY PUMP: Challenge all your major muscle groups in 50 minutes by using the best weight-room exercises like squats, presses, lifts and curls. Great music; awesome instructors, and your choice of weight inspire you to get the results you came for fast!</p>	 <p>Silver Sneakers by Tivity Health</p>	<p>YOGA FLOW: Balance, flexibility, strength, stress relief, recovery, and restoration --traditional yoga postures and breath practices with a steady meditative rhythm. Calm your mind and invigorate your body. All experience levels are welcome. Restorative Flow slows the practice down and is a great place to start if you're new.</p>	<p>AQFIT: Exercise without the wear and tear on your body. More challenging than aqua lite. AQFIT uses the natural resistance of the water as a great way to get in shape or stay in shape. Swimming skills are not necessary to share in the benefits of flexibility, muscle, toning and cardiovascular fitness!</p>	<p>RTHRITISX: Just what the doctor ordered! This program is geared for anyone who could benefit from joint mobility and muscle strength for daily living. It includes accommodations for individual limitations and does not encourage activities that might aggravate arthritis symptoms.</p>
<p>HI-LO: A high energy, easy to follow class with the goal of cardio training through choreographed moves.</p>	<p>GROUP STRENGTH: This class incorporates weights to tone and condition the body. It is a class that will target each major muscle group using barbells, dumbbells and a wide range of body weight exercises.</p>	<p>SILVER SNEAKERS: In this class we'll focus on strengthening muscles and increasing range of movement for daily life activities while having fun. Participants can use hand-held weights, elastic tubing with handles and an exercise ball. There are seated and standing exercises. Do what you can, use the chair for support if you need it.</p>	<p>GENTLE YOGA: This is a slow moving, meditative class with longer periods of stretching and restorative movement. Relieve stress, recover from injuries, and heal. The entire class is done on the floor with little to no strain on joints.</p>	<p>AQLITE: With emphasis on body awareness and keeping the joints in a stable position you reduce the effort required to do the exercises by using floatation devices and very lightweight equipment this class is great for people with mobility issues or those new to aquatic exercise.</p>	<p>MOVEIT: You've got to move it, move it! This class offers the benefits of high energy calorie burning and calorie burning and the experience of cross training in the water, reducing the impact on the joints, specifically, the knees. Set to great music it's sure to be a fun workout!</p>
<p>CARDIO DRUMMING: This class brings together drumsticks and an exercise ball, dance and move to the music for a great brain and body workout. This class can be done in a chair as well, so all levels of fitness are welcome.</p>	<p>RIP STRENGTH: A barbell workout where every movement plane is worked using weights and bodyweight.</p>	 <p>Rock Steady Boxing</p>	<p>CHAIR YOGA: Traditional postures are performed while seated or with the aid of a chair. The focus is on balance, flexibility, deep breathing, and improved posture.</p>	<p>AQSTRENGTH: Work on your posture while strengthening your core. Add bands for the strength element.</p>	<p>MOVIT OTB: Take the moveit class to the deep end of the pool = off the bottom (OTB) with a few changes. You get cardio, core training and no impact on your joints! Not a swimmer? No problem! We will get you a belt.</p>
 <p>BODY PUMP LES MILLS BODY TRAINING SYSTEMS</p>	<p>CYCLING: A combo of energetic cardio & strength training segments to help you shred fat and build lean muscle.</p>	<p>CLINICAL: Rock Steady Boxing is a paid program that requires a diagnosis of Parkinsons.</p>	<p>TAI CHI: Led by a certified Martial Arts instructor. It consists of slow, relaxed movements. The goal is to help you find harmony between your mind and your body.</p>	<p>SWIM & SWEAT: Yes! The goal is to sweat! The variety of exercises & equipment allow for a fast paced workout. You will burn calories.</p>	<p>SILVER SPLASH: Another great class for those with impaired mobility. This class moves through the range of motion, stretches and low cardio.</p>
<p>COREBAR: Uses a bent bar that is ergonomically made for the body. It is an interval based workout that focuses mainly on the core muscles but also incorporates 'total body activation.'</p>	<p>FLASH FIT: 15 minutes of cardio, 15 minutes of strength. Weight bands are used in this 30 minute, full body workout. An additional (optional) 15 minutes of core work will follow. Bring your mat if you'd like to stay.</p>	<p>CLASS CANCELLATION POLICY: Classes are scheduled based on instructor availability. If an instructor becomes ill or has an emergency, classes may be cancelled without notice. Thank you for understanding. We will do our best to find subs whenever possible.</p>	<p>CHANGE IT UP: You will use noodles, aqua bells & kickboards in this class. All 3 pieces of equipment allow for stretching, strength & cardio by pulling yourself up and down the rails & running across the pool!</p>	<p>FUSION: For the people who like to exercise to good music with a lively beat. It has a latin flavor with a little pop. It is a choreographed routine that is easy to catch on to and easy to remember!</p>	<p>FINNING: A great way to tone and strengthen your entire body. We use fins, noodles, kickboards & more. This class is great for the casual exerciser or the athlete who wants to improve endurance &/or speed in the pool. You do not need to know how to swim to participate in the class!</p>

