

## CLASS DESCRIPTIONS AND GUIDELINES

For your convenience, we have coded each class according to our recommended level or participation depending on duration of activity, physical expertise and skill, and physical limitations. Please note all water aerobics classes designated with a (P) for pool, and all land aerobics class will be indicated with an (L) for land.

- **“Basic”** – For those new to exercise and/or members desiring a low intensity workout due to arthritis or other physical or joint limitations.
  - **“Intermediate”** - For participants who have been exercising regularly with few physical limitations. Classes may include some activities in moderate to highly aerobic levels. Strengthening segments of class for members familiar with weight bearing exercises.
  - **“Experienced”** – For members in good cardiovascular and muscular health. Classes may include high impact intervals, athletic training drills, challenging muscular demands and advanced choreography.
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### BASIC

**AOA Plus (P)** Active Older Adult class geared toward the new student or those with physical limitations. Includes cardio, strength training, and range of motion segments.

**AOA Shallow (P)** An Active Older Adult Plus class done in the shallow water.

**AOA Deep (P)** Active Older Adult Shallow class geared toward the new student or those with physical limitations. Done in the deep end of the pool.

**Chair Yoga (L)** Yoga for participants with range of motion and flexibility issues. Done primarily seating in a chair without getting on the floor.

**Cycle Basics (L)** A 30 – 45 minute introductory class for members new to indoor cycling. Held once a month on Saturday at 10:00 am.

**Fit for Life (L)** Structured for active, older adults (50+); low impact aerobics with gentle muscle and core conditioning.

**Gentle Pilates (L)** Primarily uses Pilates fundamentals and integrates into more on the classic exercises, using more options for instruction, flexibility & range of motion.

**Gentle Yoga (L)** A gentle version of yoga for participants with physical limitations or range of motion challenges.

**Kids Conditioning (L)** A one hour class for kids 6-12 years old. An energetic group fitness instructor leads the kids in aerobic conditioning drills and games. Held in the O’Herron Room.

**Kids Pilates (L)** A basic one hour Pilates class for kids 6-12 years old emphasizing core conditioning, stretching and fundamentals. Held in the Multi-Purpose Room on alternating Tuesday afternoons at 4:30.

**Kids Yoga (L)** A basic one hour Yoga practice geared towards children 6 – 12 years old. A certified Yoga instructor leads the kids in a series of fun Yoga postures. Held in the Multi-Purpose Room on alternating Tuesday afternoons at 4:30.

**Muscle Basics (L)** An introduction to strength training fundamentals. Held once a month at Saturday at 10:00 am.

**Pilates Basics (L)** An introductory class to the fundamentals of Pilates. Focus on proper technique. Offered once a month on Saturday at 10:00 am.

**Step Basics (L)** A one hour introduction to basic step choreography offered once a month on Saturday at 10:00 am.

**Water Talk (P)** Low impact cardio/strength training for all levels. Fellowship is a strong component of this class.

**Yoga Basics (L)** A one hour introduction to Yoga held on Friday afternoon at 5:30 pm and once a month at Saturday at 10:00 am.

### INTERMEDIATE

**Absolute Abs (L)** An intense 15 – 30 minute workout for abdominals and core done with and without equipment.

**AeroBox (L)** Athletically challenging workout that includes kicking and punching, athletic drills and core conditioning.

**Bosu Blast (L)** A high energy cardiovascular and strengthening workout using the Bosu Balance Trainer.

**Box & Abs (L)** A one hour combination of AeroBox and intense abdominal strengthening.

**Cardio Muscle (L)** An energizing blend of cardio and weight training intervals.

**Cycle (L)** Intense indoor cycle class with alternating short intervals and moderate periods of endurance training.

**Cycle Express (L)** A 45 minute interval based cycling class.

**Cycle LSD (L)** Long, Slow Distance A 1 ¼ hour cycle class emphasizing endurance based cycling.

**Deep H2O (P)** Interval cycles of cardio and strength training done in the deep water. Flotation equipment provided.

**H2O Core (P)** Core conditioning in deep water using Pilates fundamentals.

**H2O Fitness (P)** Intermediate water workout consisting of cardio, suspended core exercise, toning, and flexibility.

**H2O Total Body (P)** Intermediate class with alternating cardio and toning cycles done in both ends of the pool. Yoga may be included.

**Hip Hop Hustle (L)** A one hour choreographed dance workout incorporating basic hip hop moves.

**Muscle (L)** Total body strengthening using dumbbells, tubing, and resistance balls.

**Pilates 1 & 2 (L)** For participants familiar with the fundamentals of Pilates. Instructor will offer modifications for both levels.

**Pi/Yo (L)** A 40 minute blend of Pilates and Yoga held in the Multi-Purpose Room.

**Pump (L)** A rhythmic endurance strength training class using barbells.

**Punk Rope (L)** A one hour class incorporating jump rope and sports drills and well as fun races and athletic games.

**Soul Cycle (L)** A one hour cycle class with emphasis on Christian fellowship and devotion.

**Step (L)** An intermediate level Step Aerobics class.

**Step/Flex (L)** A one hour combination of choreographed step aerobics and strength training.

**Trek (L)** An energizing 40 minute walk/run interval class led by a group fitness instructor. Sign up is required.

**Yoga (L)** A well balanced mind/body fitness class to help achieve muscle tone, increased flexibility and better overall health. Uses a series of postures to promote power, strength, flexibility and relaxation.

**Yoga Hour (L)** A one hour class focusing on the core fundamentals of Yoga.

**Zumba (L)** Latin and International music and dance themes create a dynamic, exciting, and motivating workout. A mixture of body sculpting movements are combined with easy to follow dance steps.

## **EXPERIENCED**

**Advanced Cardio (P)** Advanced water aerobics with strength training and deepwater work. Equipment included.

**Boot Camp (L)** Short, intense cardiovascular and strength training drills.

**Cycle/Brick (L)** Combination of indoor cycling and outdoor running. 1 – 1 ½ hours in duration.

**Deep Express (P)** Advanced deep water workout including cardio, strength training and flexibility training.

**Deep/Step (P)** Advanced deep water exercise followed by step aerobics in the shallow end of the pool. Equipment included.

**Deep Sports (P)** Challenging class geared toward triathlon training. Includes lap swimming, athletic and strength conditioning.

**H2O Boot Camp (P)** Swimming experience required in this one hour class incorporating swimming drills and strength training.

**H2O Extreme (P)** Intense class that includes advanced cardio, strength and flexibility training with equipment.

**H2O Muscle (P)** An intense blend of cardio and strength endurance using equipment.

**Pilates 2 & 3 (L)** An advanced level Pilates class requiring extensive core strength. Participants should have 6 – 12 months of Pilates experience. May include extensive use of multiple props.

**Sports (L)** Non-Choreographed high intensity sports drills. May include outdoor and/or anaerobic training drills requiring quick and precise high impact movements.

**Step Challenge (L)** A one hour step aerobics class including advanced choreography.