

## 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.

---

### BASIC

**AOA Interval (P)** Active Older Adult class for those with physical limitations or range of motion issues. Includes cardio, strength and flexibility intervals.

**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.

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

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

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

**H2O Cardio/Yoga (P)** A fusion of low intensity cardio moves with yoga stretches and core conditioning.

**H2O Core (P)** Gentle cardio workout paired with core conditioning.

**Kids Conditioning (L)** A 55 minute class for kids 6-12 years old. An energetic group fitness instructor leads the kids in aerobic conditioning drills and games. Held in the Aerobics Room on Thursday afternoon and in the Calton Room on Saturday morning.

**Kids Yoga (L)** A one hour Yoga practice for kids 6 – 12 years old led by one of our experienced Yoga teachers. Held in the Martin Room on Tuesday afternoon. Space is limited and sign up is required for this class.

**Tween 2 Teen Zumba (L)** Latin and international music in a fun and motivating dance class for kids 8 – 14 years old. Dance steps are easy to follow and led by a certified Zumba instructor.

**Yoga Basics (L)** A one hour introduction to Yoga held on Friday afternoon at 5:30 pm.

### INTERMEDIATE

**AOA Interval (P)** Active Older Adults class providing cardio and strength intervals, alternating between shallow and deep water. Flotation equipment provided.

**Absolute Abs (L)** An intense 30 minute workout for your 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.

**Bosu Box (L)** A 55 minute combination of AeroBox, balance and strengthening using the Bosu Balance Trainer.

**Box & Abs (L)** A 55 minute combination of AeroBox and intense abdominal strengthening.

**Cardio Core (L)** Cardio and strengthening combinations focusing on core strength and stabilization.

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

**Cycle (L)** **E – Endurance** – steady aerobic effort with long drills, maximum heart rate (MHR) 75 – 80%. **I – Intervals** – Short, intense (90%+) anaerobic effort with equal or greater amounts of recovery. **H – Hills** – entire class is hills. MHR varies with max at 85%. **RP – Race Pace** – Strong aerobic effort for entire class with few breaks. Sustained heart rate 80 – 85%. **LSD** - A 1 ¼ hour cycle class emphasizing endurance based cycling.

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

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

**Functional Fitness (L)** A 55 minute class incorporating balance and body awareness using body weight resistance to train and strengthen the body for life's daily activities.

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

**H2O Interval (P)** Intermediate class with alternating cardio and toning cycles done in both ends of the pool.

**H2O Muscle (P)** Water workout focusing on strengthening and toning done in the shallow and deep ends of the pool.

**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.

**PiYo (L)** – 30 minutes of a fusion of Pilates and Yoga held in the Martin Room.

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

**Soul Cycle (L)** A 45 minute cycle class with emphasis on Christian fellowship and devotion.

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

**Trek & Truck (L)** A combination of 30 minutes of instructor-led treadmill exercise followed by 45 minutes of cycle express. Sign-up required for the treadmill component.

**TurboKick (L)** A fusion of kickboxing, martial arts, athleticism with focus on leg and abdominal strength training.

**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.

**Zumba Tone (L)** A 50/50 combination of traditional Zumba dance combined with strength training.

## EXPERIENCED

**Advanced Cardio (P)** High energy heart pumping cardio conditioning with some strength movements- will provide some deep water instruction, members may choose to stay shallow if they wish.

**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.

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

**H2O Sport (P)** High intensity sports drills alternating between suspended in deep water, and shallow high impact movements; followed with high repetitions of strength exercises.

**MultiStep (L)** Dynamic, high energy choreographed step aerobics using four benches instead of one.

**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 55 minute step aerobics class including advanced choreography.

**Wheel Step (L)** Step aerobics class with steps arranged in a four pronged wheel arrangement. Fast paced for experienced steppers.