### Cardiorespiratory Exercise

**Aqua Boot Camp:** Think water aerobics isn't a fitness challenge? THINK AGAIN! With simple water dumbbells and the resistance of the water this hour-packed workout is sure to leave you feeling refreshed and energized. Enhance your workout and step up to the challenge with WATER! (*No swimming experience required. Head is never submerged; t-shirts and gym shorts may be worn over suit. Class cancelled when raining.*)

**Hip-Hop:** You Think You Can Hip Hop? Let loose and join this jammed packed hour of the funkiest moves, popular hip hop jams, and crazy choreography! Challenge your body to move in ways it's never moved before and leave with a great cardiovascular workout.

**TurboKick:** Ready to take kickboxing to the next level? Then come join the hottest kickboxing class around! TurboKick combines athletic moves, sports drills, hip hop flavor, & so much more! No experience required…come ready to sweat!

**SPINNING:** more than a workout! It's a philosophy! Whether you ride to get stronger, nurture your body and spirit, sweat out the events of the day or reinvent yourself, Spinning is YOUR ride! We have the original indoor cycling program! Please note: Spinning is a cardio workout with dim lights and higher decibel music. *(SIGN-UP IS REQUIRED 30 minutes prior to class time, and a water bottle and towel are mandatory!)*

**SPIN & SCULPT:** Need to do cardio and strengthening but don't have the time for 2 classes?! Try this unique interval approach to strength and cardiovascular conditioning by combining your favorite total body sculpting exercises off the spin bike with cardio intervals on the spin bike all in one jammed packed hour!

**Zumba:** Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required!

#### ACSM Recommendations for Cardiorespiratory Exercise
- Adults should get at least 150 minutes of moderate-intensity exercise per week.
- Exercise recommendations can be met through 30-60 minutes of moderate-intensity exercise (five days per week) or 20-60 minutes vigorous-intensity exercise (three days per week).
- One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate desired amount of daily exercise.
- Gradual progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.

### Resistance Exercise

**Body Sculpt:** Looking for a conditioning challenge? Join our jammed packed our of weight training with a total body approach!

**POWER Sculpt:** A body sculpting class that utilizes a functional exercise routine with a little “spice” of cardio intensity!

**BOSU Pump:** An exceptional body sculpting routine that incorporates the functional and dynamic BOSU balance ball. With focusing on a full body toning and cardio intervals, this class will guarantee a BALANCED CHALLENGE! *(Please note: BOSU balls limited)*

#### ACSM Recommendations for Resistance Exercise:
- Adults should train each major muscle group two or three days each week using a variety of exercises and equipment.
- Very light or light intensity is best for older persons or previously sedentary adults starting exercise.
- Two to four sets of each exercise will help adults improve strength and power.
- For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance. Adults should wait at least 48 hours between resistance training sessions.
### Neuromotor Exercise

**BATTLEROPE BURN:** Come feel the BURN with the use of BattleRopes and Firefighter hoses in a fresh new versatile approach to a functional training! This class will challenge your mental toughness while providing you with high intensity interval training (HIIT) workout to develop your power and explosiveness!! Maximum 20 person occupancy and water is required!

**CIRCUIT BLAST:** Jump from station to station for an intense calorie burning and strength training workout all in one! With our top of the line fitness equipment including BOSU balls, Jump Rope, Gliders, Ladder maze and more...we guarantee you will leave sweating, satisfied, and one step closer to your fitness goals!!

**CIRCUIT EXPRESS:** Jump from station to station for an intense calorie burning and strength training workout all in a jammed packed 45 Minutes!

**New: HIIT HOUR:** Looking to BURN some serious CALORIES? Join our newest class: HIIT HOUR for a real sweat! This High Intensity Interval Training (HIIT) class is designed to challenge the heart, lungs, body & mind by alternating short, high intensity intervals with longer, slower intervals to recover. The idea is to work in the upper percentage of your target heart rate zone, taking you to your anaerobic threshold. When we exit our comfort zone and enter these higher heart rate zones, our body has to burn more calories to get back into a balance after the workout. This means a greater afterburn, which equals extra calories throughout the day!

**INSANITY** will push you past your limits! It's packed with Plyometric drills on top of non stop intervals of strength, power, resistance, and ab and core training moves. No equipment or weights needed. Just the will to get insane. Modifications offered so all fitness levels welcome!

**SPIN-BATA:** Need to do cardio and strengthening but don’t have the time for 2 classes?! Try this unique interval approach to strength and cardiovascular conditioning by combining your favorite Tabata exercises OFF & ON the spin bike all in one jammed packed hour! Athletic footwear required for off spin bike use.

**TABATA:** Want a total-body workout with a serious spice of cardio?? Come get HIIT with the perfect blend of total body strengthening fused with challenging cardio intervals! Leave satisfied, sweating, and balanced with your cardio and strength demands all in one workout! The Tabata method uses six 20 second exercise combinations followed with 10 second recovery rounds at a total of 8 rounds. Time flies by and you will leave 300-500 calories less!

**ACSM Recommendations for Neuromotor Exercise:**
- Recommended for two or three days per week.
- Exercises should involve motor skills (balance, agility, coordination and gait), proprioceptive exercise training and multifaceted activities (tai ji and yoga) to improve physical function and prevent falls in older adults.
- 20-30 minutes per day is appropriate for neuromotor exercise

### Flexibility Exercise

**PILATES:** The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed over ninety years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamline shape.

**YOGA FLOW:** Incorporate FLEXIBILITY and STRENGTH into your exercise routine with YOGA. There are many styles and approaches to a yoga practice. Each practice session and instructor is unique and endeavors you to find a connection between the physical, mental, and spiritual body. Yoga is both a state of connection and a body of techniques that allow us to connect to anything. The experience of connection is a state of yoga, a joyful and blissful, fulfilling experience.

**YOGA SCULPT:** Try a new innovative approach to strength and flexibility training in this Yoga and Sculpt fusion class! With up-beat, energizing music, this class complements your regular yoga practice, while boosting your metabolism and pushing your strength and flexibility to new heights. Free weights are added to the YOGA FLOW sequence creating resistance and intensifying each pose. Strength-training exercises such as squats, lunges, and bicep curls are incorporated to build lean muscle mass.

**POWER YOGA:** A vigorous, flowing, fitness-based approach emphasizing a balance of strength, flexibility, and continuous movement. A yoga flow class with added spice of intensity with quicker transitions from pose to pose.
ZENERGY YOGA Wake up and YOGA! This power yoga class is not your ordinary yoga class! A vigorous, flowing, fitness-based approach emphasizing a balance of strength, flexibility, and continuous movement. This class will have you energized not just on the mat, but all day long! 

YOGA STRETCH: Beginners to intermediate level yoga session which will stretch your muscles, relax your mind, and relieve your stress with the combination of meditation, breathe work, gentle stretches, and yoga poses; you will be one step closer to preventing injury and provide a balance to your strength training and sports training routine. 

ACSM Recommendations for Flexibility Exercise:
• Adults should do flexibility exercises at least two or three days each week to improve range of motion.
• Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort.
• Repeat each stretch two to four times, accumulating 60 seconds per stretch.
• Static, dynamic, ballistic and PNF stretches are all effective.
• Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.