



## Wellness Services Class Descriptions

All classes are 45 minutes

### **Active Stretch**

A fitness program for individuals with Arthritis, Osteoporosis, or Fibromyalgia. Using a variety of strengthening and stretching techniques, this program provides people of all ages improved range of motion, reduced bone loss, and more!

### **Boot Camp**

Looking for variety in your routine? Challenge yourself with this athletic-based cardio/strength training class that will give you a full body workout. This class will keep you coming back for more.

### **Cardio and Core**

Burn calories and work your core with the cardio-based class which alternates between doing heart pumping body weight movements and ab/low-back work.

### **Cardio Fusion**

This class accommodates all levels with a full body workout that builds stamina and overall strength. You'll alternate between cardiovascular, strength and core exercises.

### **Circuits**

Want to learn how to work out in the gym?? This is the class for you! You will learn how to use the machines, equipment, and your body to get a workout that improves strength and cardiovascular function.

### **Essential Agility**

This no impact class will help you improve your coordination, balance, and body awareness through fluid and intentional body movements. You can expect an increase in posture alignment during movement and flexibility.

### **F-I-T in 45**

Functional Interval Training is suitable for all ages and fitness levels. Functional training allows you to burn body fat and improve your body composition while focusing on strength, stability, mobility, endurance and flexibility to enhance your daily life and activities.

### **Hatha Yoga**

Ancient teaching and practices for healing the whole self: body, mind, and soul.

## **HIIT**

High Intensity Interval Training. This class is all about intervals of cardio, strength and body weight moves. Everyone can do this class because you control the intensity but the harder you push yourself the greater the calorie burn in the hours following the workout!

## **Lower Body Blast**

This no-impact class focuses solely on lower body and core strength. Work your abs, glutes, hamstrings, quads and low back.

## **Muscle Endurance**

This class is all about intervals using body bars, exercise bands and balls. Everyday something different will happen in this class! You will gain strength, tone and tighten the abs and increase your balance.

## **Qigong**

An ancient Chinese practice of breathing and exercise to benefit both physical and mental health.

## **Senior Fit**

This program is for adults of any age, fitness level, or physical ability. Exercises are designed to help participants become and stay independent by improving strength, flexibility and muscle tone, and increased range of motion

## **Strength & Core**

This class is for everyone! It is an easy to follow class that will get your heart rate up and your muscles pumping. Forty -five minutes of exercise, starting with strength and ending with Ab and core. Whether you are a new participant or a seasoned veteran this one is for you!

## **Strictly Strength**

Just as it says, this class is all about lifting. Using free weights and your own bodyweight this class builds lean muscle tissue from head to toe.

## **Tabata**

Push your limits with this high intensity training in which you do short periods of extremely demanding activity and alternate with shorter periods of rest.

## **Tai Chi**

Tai chi is a Chinese exercise that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. A series of physical exercise used to improve and maintain health, tai chi can be helpful in achieving a state of physical and mental relaxation while also strengthening the cardiovascular and immune systems.

## **Yoga**

A Combination of movements that stretches and strengthens all the major groups at the same time. Build strength and endurance in the body's core postural muscles, which enhances spinal and pelvic awareness to promote good posture and balance. Yoga is excellent for developing general tone and fitness in the body, while creating a sense of inner calm, relaxation and overall well-being.

## **Zumba**

A Latin in-inspired, easy to follow, calorie burning, dance fitness party. Come and join the fun!