

Group Exercise Descriptions

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| Active Older Adults: Low impact workout for 55 years and older including flexibility, cardiovascular and strength conditioning. | Kettlebell X-Training: This class is designed to give fast results for cardio, strength, endurance and muscle toning by challenging the muscular and cardiovascular systems with dynamic body movements. The sign-in registration is at the PT desk. |
| Barre: This workout blends strength training, pilates and ballet barre work. This core-strengthening workout isolates muscle groups to create long, lean muscles while increasing endurance and flexibility. | Kickboxing: Kick and punch your way into wellness in this fun, invigorating cardiovascular class. Class moves can be modified for all levels to create a low impact environment. |
| Body Sculpt: Body Sculpt is non-cardiovascular training that focuses on all major muscle groups using various modalities such as bands, weights, tubing, etc. | Kids Athletic Conditioning: Children ages 8-12 will engage in cardiovascular conditioning, obstacle courses and sports conditioning games in a boot camp style class. |
| Boot Camp/X-Training: Create a spirit of teamwork as instructors offer encouragement rather than intimidation. Classes will vary, but all contain components of cardio, strength and flexibility performance goals. | Pilates/Pilates Power: A total body workout to craft long, lean muscles. Pilates Power is an intermediate level class. Mats are available, but feel free to bring your own personal mat. |
| Cardio Interval: These classes focus on aerobic activities that increase cardiovascular performance on all levels through the use of various modalities; primarily performed in times intervals. | PIYO: A fast paced blend of Pilates and Yoga. This class strengthens and tones the body while promoting mindfulness and relaxation. Mats are available, but feel free to bring your own personal mat. |
| Cardio Sculpt: This class combines high and low impact cardiovascular exercises with resistance moves to give you a whole body workout in 55 minutes. | POUND: Designed for all fitness levels, this class allows participants to let loose, get energized, toned and rock out. Registration sign-in is at the personal training desk. |
| Core and More: Strengthen your core, abdominals and more in this 25 minute express class. | Silver Sneakers/S.S. Yoga: This innovative chair-based blend of physical activity enables older adults to take charge of their health and maintain an active independent lifestyle. |
| Cycling: This comprehensive athletic training uses indoor cycling to challenge all levels. Registration sign-in at the personal training desk is required as bikes are limited. | Stability and Balance: A Pilates-based workout that uses the stability ball to strengthen your core and to improve your balance. |
| Foam Rolling: This class uses foam rollers to help loosen up muscles, increase flexibility and increase blood circulation. It is a self-myofascial release technique. Please bring your own foam roller. | Tabata: A type of high intensity interval training. This training protocol involves performing a particular exercise (or exercises) at high intensity for 20 seconds followed by 10 seconds of rest. |
| Generation POUND: Children ages 8-12 will use movement and music to improve focus, coordination, physical fitness and teamwork. Learn ways to explore movement, embrace creativity and rock out to build strength, confidence and self-awareness. | Tai Chi/Qijong/Fan/Sword: Strengthen your spirit, mind and body through focused movement improving balance and reducing stress. |
| HIIT: HIIT (high intensity interval training) involves performing exercises in a series of brief, high-intensity bursts separated by lower-intensity periods of recovery. These classes are designed to provide cardio benefits in a shorter duration (40 minutes). | Yoga: Various disciplines of yoga are offered including Power, Vinyasa, Gentle and Hatha. Yoga improves balance and strength with focused breathing. Mats are available, but feel free to bring your own personal mat. |
| Intro to Olympic Lifting: Learn the fundamentals of the snatch, overhead squat, clean, clean and jerk and push press. | Yoga Sculpt: A focus on balance, core, abs, strength and flexibility for beginners. Cardio bursts and simple props like hand weights and floor sliders will be used. Strength training will be incorporated into traditional yoga poses. |
| Jujitsu (\$): Japanese martial art of unarmed self-defense. This is a fee-based class and requires registration. | Zumba/Zumba Gold: A high energy dance class that combines Latin rhythms of salsa, calypso, meringue, cumbia, reggae, samba and tango is a party atmosphere. Zumba Gold is for active older adults who are looking for a modified Zumba class at a lower intensity. |

Running Club: Join Joe and other running enthusiasts for a workout outside our walls!

Friday RUN with Joe: 9:30am-10:30am