

LAND FITNESS CLASS DESCRIPTIONS

Cardio Circuit – This power circuit workout in the gym is done in interval segments that will make your body sweat and get your muscles toned through strength exercises. Cardio will change each week to challenge your body!

Cardio Physique – This advanced class exercises several muscle groups together as you squat, lunge, and lift while challenging balance and control. Feel your entire body transform!

Total Body– Improve overall muscular strength and cardio through various exercises using a multitude of equipment and techniques. Classes will change each week!

Yoga– Bring your Yoga mat! Rejuvenate yourself through connecting mind and body with the breath. This class includes a variety of flows, stretches, relaxation, and balancing postures while utilizing props and modifications as needed. Find your inner strength to slow down and be mindful.

Zumba®- Join the party with this upbeat aerobic class put to modern Latin and non-Latin music. Zumba Circuit is an interval style class that uses Zumba routines and weight training exercises. Zumba in Motion combines cardio and weight intervals set to motivating music routines!

Zumba/HipHop- In this Zumba®/Hip Hop class, we'll mix low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Half of the class is based on Latin inspired dance moves to world music, and the other half, we pair energetic moves with popular hip hop and pop songs. This class is suitable for all fitness levels and anyone who wants to join in on lots of fun and effective dance exercise!

Cardio Drum - Cardio workout using weighted drum sticks and choreographed body movements that incorporate strength, toning, coordination, endurance, and flexibility. This class can be done sitting in a chair.

Zumba Toning - Join this blended class which is perfect for those who love a Zumba® dance party, but also wants the extra emphasis on toning and sculpting to define those muscles! Zumba® Toning incorporates the challenge of adding resistance by using Zumba® Toning Sticks (or light weights) and helps you focus on specific muscle groups so you (and your muscles) stay engaged! Let's tone and dance it out!

HIGH Fitness - Aerobics meets modern day HIIT Training. A sweaty blast! Nostalgic and fun music from all decades and genres that will motivate you to the max. Simple and easy to follow choreography. Interval training moves: tuck jumps, burpees, jump squats. Take it HIGH or take it low! Modifications will be shown throughout entire class to accommodate ALL fitness levels. An energetic, fun, inspiring, and welcoming environment that will have you leaving class wanting more!

High LOW - A low impact aerobics class! This action packed, full-body blast will challenge you all while keeping it LOW. HIGHLow uses cardio and toning tracks choreographed with simple fitness moves for a fun, effective fitness class!

LIFT - Are you ready for a challenge?! A full body class incorporating weights and bodyweight with the intention to build strength and tone all muscle groups. Low impact and adaptable to all fitness levels.

Fit2Dance- Fit2Dance is an easy to follow, energizing cardiovascular workout geared towards increasing flexibility, endurance, strength & overall fitness through dancing & intervals of light weights, which are all choreographed to upbeat music! Come sweat with us! All you need to bring is your smile &

Sit Down, Shape Up- Choreographed chair routines that include mountain climbers, leg lifts, tricep dips, etc, plus mat work that will work total body using your own body weight. Everything can be modified!

Dance Fit - Choreographed routines to a variety of music. Offering low and high impact dance moves with several modified levels.

Line Dancing- Learn R&B, Country, Pop, and Party Songs! Come for some fun with this low impact, cardio workout

WATER FITNESS CLASS DESCRIPTIONS - NO SWIMMING SKILLS REQUIRED

Combo H2O – This class will provide a complete cardiovascular workout, as well as provide stretching, strength training, and aerobic activity.

Water Aerobics - Water aerobics is a low impact, full body workout using cardio exercises to increase endurance while doing water exercises. This is a total body workout using buoys and noodles that increase water resistance focusing on arms, chest, back, core, and legs. This class is designed for anyone who would like to increase strength and who may have joint problems, chronic pain, or recovering from an injury.

Water Fitness Water fitness is a low impact, full body workout. Exercises target specific muscle groups including arms, chest, back, core, and legs. This class focuses on strength and flexibility using water resistance. This class is easy on your bones, joints, and muscles. Buoys and water noodles are used for resistance training in the water. This class is recommended for all ages. This class is good for anyone having joint problems, chronic pain, arthritis, or recovering from an injury.

Cardio H2O – This class will help you reach your fitness goals through routines that challenge the cardiovascular system and your total body strength capabilities.

Deep H2O - This is a perfect total body conditioning class that will help build cardiovascular endurance, as well as strengthen and tone muscle. This class will use floatation devices.