

For safety reasons **NO ONE** is admitted into **ANY** Adult or Youth class/ program once it has begun. An * means there could be a charge for this class. (T) means a "token" is required for entrance, tokens are available in the "token line" at the Welcome Desk.
All classes are **FREE** for Annual members. Monthly & Daily users may be charged \$3 for some classes.
Tai Chi is a premium class, there is a \$12 charge per month for all participants.

Cardio Workouts

Classes designated as "Silver" are geared for Boomers and Beyond, or those who are new to fitness.

Boot Camp-50 min. Intense drill, no choreography

BOSU/Cardio 50 min a variety of cardio movements utilizing the BOSU™

BOSU/Chisel 50 min a variety of strength movements utilizing the BOSU™

Cardio Choreographed Dance Fitness Classes

Hip Hop Hip Hop dance moves taught to music

Zumba A fusion of Latin and International music with easy-to-follow dance moves which creates a dynamic aerobic fitness system that works the entire body--no weights used.

Silver Zumba – 50 min class Zumba class geared to Boomers and Beyond

Cardio Challenge - 60 min. non-stop cardio class, utilizing on different days: hi/lo cardio on the floor. Strength/ conditioning segments are included in every class.

***Cycling-50 min** non-weight bearing classes taught by **CycleOps Power Training** certified instructors on Indoor bikes in our exclusive Cycling Room. All fitness levels, some height requirements for bike use

Cardio/Chisel- 60 min. a high intense cardio -intermediate/advanced hi/lo floor aerobics; strength segments included in each class.

Kickboxing- 50 min. high intensity floor cardio utilizing martial arts style movements

Silver Lo Impact /Lo Intensity Step- 45 min. step class geared to the mature exerciser incorporating strength and abdominal segments. This class does **not** involve **any** jumping or hopping.

Step/Abs -50 min challenging- choreographed step class with ab segment.

Step/ Chisel- 50 min. choreographed step class with strength segments added throughout the workout.

Strength Workouts

Arthritis Land Classes -50 min. classes designed & taught through *The Arthritis Foundation* Balance/Strength/Flexibility- from a chair position.

Chisel- 60 min.-strength class targeting **all** the major muscle groups of the body to improve muscular endurance and strength utilizing weights, bands, body bars, and more.

Pilates- 60 min Mat Pilates classes condition the body using a system of strengthening and stretching exercises designed to increase flexibility while toning and building core strength for the entire body.

Pilates Standing Core-60 min. class conditions the body using a system of strengthening and stretching exercises, majority of the class executed in a standing position

Quick Core-30 min. classes concentrate on core training-abs / backs / hips. **No cardio.**

Silver Balance – 45 min.class geared to the mature participant interested in improving his/her balance and functional strength.

Silver Chisel- 50 min. class in which the mature participant will use light hand weights, bands, and weighted bars to improve functional strength, flexibility, and balance

Silver "Move It or Lose It" -60 min. of strengthening exercises for your whole body in one Class, created with the mature exerciser in mind

Silver Total Body-45 minute class similar to the "Move It" class, but in a shorter format

Stretch-lates-60 minute class concentrating on stretching to improve flexibility

TRX Training/ Express/Boot--60 minute (45 minutes for Express) class utilizing the TRX Suspension Training System. Class size limited to 10. **TRX Boot** is not limited in size.

Tai Chi-The Ancient art of Chinese Tai Chi helps improve flexibility, balance, and strength. Advanced & Intermediates from 6pm-7pm, Beginners-7pm-8pm on Wednesdays in the Banquet/Conference center. **\$12** per monthly session, Natatorium membership required.

Karate'-Promotes strength, flexibility, control and cardio fitness. Beginners 7-8:30pm Mon/Wed, Saturday's 12:30-3:30. Membership required, \$18 fee per month. New classes start at the beginning of each month.

Yoga

60 min classes in a variety of styles **TOWELS/ WATER /MATS REQUIRED**

Intro- 6 week cycles, introduce and break down poses, teach basic proper alignment

Beginning Yoga, a variety of poses and alignments, a continuous class

Intermediate (Vinyassa) -The unique linking of one Asana (posture) to the next in continuous flow, orchestrating balance and breathing techniques.

Advanced-(Nadi Shodana/Ashtanga)- "Second Series" for the more advanced student

Silver Yoga,- designed for participants 60 and over, but may be attended by all ages

Yoga-lates-60 min. fusion of Yoga and Pilates

Gentle—60 min. basic class—good follow up from Intro class

Fit Kid Experience-Youth Fitness

A youth Fitness program geared for kids ages 8-13. The program includes the Fit Kids Fitness Circuit and a variety of classes with **R u fit** workouts geared to middle school youth ages 10-13.

Please check the Fit Kid Experience Fall 2011 Schedule at the Welcome Orientations must be scheduled in advance at the Welcome Desk.