

*Low Intensity

**Medium Intensity

***High Intensity

☑Suitable for all levels

Gentle Cardio Strength ():** A fun workout combining intervals of cardio and strength in the water! Appropriate for all levels. (45 min.) M/W 9:30 a.m.

Aqua Fiesta (*):** An invigorating and fun low impact aquatic exercise to help you reach your fitness goals. It mixes traditional aquatic fitness with Latin and international music beats for a blend of cardio and resistance training. [45 min.] M/W/F-1030am

Aqua/Land Yoga (*): A gentle, beginner-friendly approach to Yoga suitable for all levels and conditions. This water-based non-aerobics class focuses on improving balance and core strength, as well as improving the mind-body connection. [45 min.] Tues/-9:00am

Aqua Resistance (*): Focusing on full Body Strength and endurance using the water for resistance while still managing low impact exercises [45 min.] T/T-11:00am

Aqua Mix: is a fun workout mixing a little of all Aqua formats and cardio in the water in a gentle way! Appropriate for all levels. Friday 9:30am

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Soul Flow - Mat based, deep tissue stretch and release focused on range of motion and movement. Members must be comfortable getting down and up from the mat. This class will require the use of two mats for additional support. Use of a personal mat is suggested, however mats will be provided. M/ 9:30am

Crunch & Flex (*)- a combination of Flexibility training and core stabilization exercises. W/9:30AM

Inhale/Exhale- Mat based stretching inspired by restorative yoga poses with a focus on combining breath work and movement for optimal relaxation and stress relief. Members must be comfortable getting down and up from the mat. This class will require the use of two mats for additional support. Use of a personal mat is suggested, however mats will be provided.

Mat Pilates ()(***):** A low impact mat class that emphasizes strengthening the abdominals, back, and surrounding muscles. Tues/ 8am [45 min.]

Tai Chi (*)- based off of the traditional principles of Tai Chi all movements or “forms” are performed at a slow pace in a continuous flow of connective movements using breath work to help train the body to move as one single unit, emphasizing concentration, flow of energy and balance. Tues/9:00am

Body Burn ()(***)** is a blend of cardio and resistance training (45min) M/W/F-8:30 a.m.

Core & More ()** this class uses Pilates and barre inspired principles to deliver an effective workout designed to strengthen and tone the core as well as improve the range of motion and flexibility throughout the body. This class will include the use of different exercise props and tools. Members must be able move/manage equipment (45min) Thurs/ 9:00am

Tone Up (*)**: This class combines both cardio benefits of the traditional Zumba class with the strength benefits from holding light weights during the moves. This class puts an extra emphasis on toning and sculpting your muscles. [45 min.]T/T-10:00am

Spinning ()**: An indoor cycling workout using body positions and resistance to simulate a ride outdoors. This workout will take you on a journey of various speeds, terrains, and intensities. This class is not recommended for beginners or anyone with back conditions. [45 min.] T/T -8:00am