



## Class Descriptions

### **Cycle/Spin** – Kathy Vrana, Lisa Cowen, Melanie McGregor, Kayla Williamson

This great cardio journey uses stationary bikes. You will jump, climb, and sprint your way to great health while listening to motivational music. This is interval training at its best.

### **P90X Live** – Rachael Wells

P90X LIVE is a total-body cardio and strength training class that uses body weight as well as dumbbells, barbells, weight plates, and resistance tubing. P90X is known for achieving that body transformation you are waiting for. Each workout can be modified to accommodate a wide range of fitness levels and abilities—while creating a community of friendly competition, encouragement, and personal fitness breakthroughs.

### **Pilates-Style** – Amy Hinkley

Low-impact exercise and stretching designed to tone and lengthen the muscles. Includes constant core engagement.

### **Barre Sculpt**– Kayla Williamson

Tone and sculpt multiple muscle groups with this ballet-inspired Barre workout that incorporates Pilates and Yoga. By holding, pulsing, and stretching, you will elongate, lift, and sculpt the entire body.

### **Slow Flow Yoga** – Jessica Durham

Strengthening and deep stretching the body while moving to a slower rhythm of movement. A smooth movement (flow) of poses that run together and become like a dance. Let the slow flow of movement and stillness nourish your body and soul. Come find some peace.

### **Step it up** – Cindy Kaczmarczyk

A variety of consistent body/muscle mass movements that incorporate a bench apparatus and the floor, to achieve a cardio/fat burning workout. This class is held in the gym to allow for a more free range of movement. You create new brain cells—the eyes that signal to the brain which makes that body move into steps that you can take to the dance floor, all in a group environment.

### **Tone** – Cindy Kaczmarczyk

A variety of repeating activity that tones the arms, legs, abs, back and glute muscles through the use of your own body weight, hand weights, bands and/or balls. This class will engage your fast-twitch muscle fibers. Core isometrics, body balance, and heart conditioning will be used as well. Your heart rate increases with easy-to-follow exercises, followed by a recovery period where your heart will drop back down.

### **Vinyasa Yoga** – Jessi Cole

This class engages the mind, body, and spirit, using shorter-held positions. The movements in this class are tied together with your breaths. Modifications given for all fitness levels.

### **Deep Water Aerobics – Norma Warren**

This class will take place in the deep end (6ft) of our pool. Aqua belts are used to help you float while performing a variety of cardio and resistance training moves.

### **Warm Water Aerobics – Britney Mendez**

This class, like water aerobics, uses the natural resistance and buoyancy of water against your body to provide a full body workout. This class is done in the therapy pool, which helps keep your joints warm and eases the pain of common conditions such as arthritis.

### **Water Aerobics – Jim Borer, Stephanie Kersten, Rachael Barry, Candy Boyer**

Water aerobics uses the natural resistance and buoyancy of water against your body, along with light water weights, to provide a wide variety of conditioning activity. No swimming is required.

### **Warm Water Aqua Yoga – Rachael Barry**

Yoga techniques practiced in the water. You will develop better balance, joint health, strength, focus and calmness of the mind. All while gaining greater fluidity in movement. Breath awareness will be emphasized.

**Beginner**

**Intermediate**

**Advanced**

**MODIFICATIONS ARE GIVEN FOR ALL FITNESS LEVELS IN EVERY CLASS!**

\*For a list of up-to-date days and times of classes, please pick up our current class schedule!