

**360 Strength:** Train every muscle group in the 360 degree spectrum! Designed by personal trainers, the class will focus on strength in all planes of movement, using a wide variety of equipment and methods! Come ready for this new and exciting class! Modified for all levels

**Barre:** Core strength is an essential element in a dancer's training. Use the ballet bars to strengthen your legs, back and glutes, along with your core! Improve your flexibility and challenge your balance in this fun and different class!

**Body Pump:** This original barbell class that targets the entire body. This intense workout challenges all of the major muscle groups. Great music inspires you to get the results you came for!!

**Boot Camp:** A combination of cardio, muscle endurance, flexibility, core, and functional fitness patterns. You will get everything you need!

**Burn & Firm:** Total Body Blast in only 45 minutes! Fat burning circuits combining HIIT cardio, lean muscle strength training, and killer core moves to make you Fitter and Faster!

**Core Blaster:** A 30 minute core training workout created to firm and strengthen your midsection. The class trains the abdominals, entire mid-section, and the posterior chain (which include the back muscles, hamstrings and glutes) to help with posture. It will focus on using your body weight, light free weights and resistance tubing to improve your core functional strength.

**CORE DE FORCE:** An empowering, core focused workout, inspired by the highest octane sport in the world-mixed martial arts. MMA- inspired combinations. Broken into 3 minute rounds of punching, kicking and Muay Thai moves blast fat, strengthen the core, and define your abs.

**Cycle Express:** Interval cycling to improve your speed, power and endurance. A 45 minute class. Pedal at your own pace.

**Hatha Flow Yoga:** This class allows you time to connect deeply to your breath and stay in postures long enough to become acutely aware of their sensations. Explore the subtleties of both effort and ease as you learn to move more mindfully.

**H.E.A.T:- High Energy Athletic Training:** This is a fusion class of cardio, strength, and muscular endurance training which will increase the HEAT! If you want to work hard and kick up your workout, this is the class for you!

**NYA Strength:** Customized class that combines the knowledge base of elite trainers with a specialized cardio effect for the ultimate body transforming workout. This dynamic class has modifications for all levels and will provide participants with the most effective exercises and techniques to create results!

**P90X:** You've seen the infomercial, now try the class! With a wide variety of intense routines from cardio to resistance training, plyometrics, ab work and more, this workout has it all!! There are many modifications for all exercises, so all ages and levels can partake.

**P90X/INSANITY:** The ideal group class combination is here! Take the innovative movements and protocols of P90X and pair it with the Max intervals and crazy intense cardio moves of INSANITY.

**Pilates:** This class is not just a series of exercises but a complete approach to developing body awareness. This class focuses specifically on the core and helps to promote flexibility.

**Pilates Fusion:** Challenge your core with traditional Pilates and Yoga moves that will focus specifically on the core and will help promote flexibility.

**SILVER SNEAKERS-Circuit:** This class is a standing low impact class, alternating with upper body strength work, using hand held weights, resistance tubes and a Silver Sneakers ball. (Chair Based Optional).

**SILVER SNEAKERS-Classic:** Move to the music through a variety of exercises designed to increase strength and range of motion for daily living. Small hand held weights, elastic tubing, and a silver sneakers ball are provided. (Chair Based Optional).

**SPINNING:** The ultimate calorie burning workout! Build endurance, speed and power while burning up to 800 calories per class. Realize a "new you" as you set your own "top of the hill." Bikes available on a first come, first serve basis. (Spin Express-same format-45 minute class).

**Stay Active(\$\$):** A 30 minute class designed for seniors to achieve better health by increasing flexibility, strength, balance, and circulation through regular exercise. This is a 6 week session with track membership included in the class fee.

**STRONG by Zumba:** A high intensity interval training (HIIT) workout driven by synced music motivation. The songs match every move, driving the intensity in a challenging progression that provides a total body workout. This is not a DANCE fitness class. Mat and open mind is suggested.

**TRX/KB (\$\$):** Work from head to toe using kettle bells and the TRX suspension system. Circuit classes that will stimulate the cardiovascular training system while chiseling off the inches! Give it a try!

**Ultimate Conditioning:** A power packed class aimed to increase muscle strength, tone the body, as well as develop cardiovascular fitness. A well rounded workout that's great for all fitness levels!

**Vinyasa Yoga:** A moderate level practice consisting of multiple yoga traditions-styles. Classes will include warm up stretches; breath; holding intermediate yoga poses; meditation and/or relaxation. For students with some awareness of yoga postures ,including sun salutations, and who want to deepen their practice.

**X.M.C. (\$\$)-Extreme Metabolic Conditioning:** High intensity, non-traditional training, incorporating total body exercises to challenge All levels.

**Yoga Flow:** This class strings yoga postures together in a flowing, Vinyasa style sequence of breath and movement, class infused with some power moves and balance work, with modifications provided for all levels. (Outside by the fountain, weather permitting).

**Zumba:** Combination of Latin and International music-dance themes creating a dynamic and exciting calorie burning workout. Uses fast and slow rhythms to improve aerobic capacity and overall fitness.

**Zumba Gold:** Zumba Gold is a lower impact version of Zumba with a little less choreography, but just as much fun! The same great Latin styles of music and dance are used. Zumba Gold classes strive to improve our strength, flexibility and most importantly, the heart.

**Zumba Toning:** Same Zumba party, but put extra emphasis on toning and sculpting! Add resistance by using Zumba® Toning Sticks to help you focus on specific muscle groups, targeting your arms, core and lower body. Try this exciting variation on a great class!