

Group Exercise

Descriptions

AQUATIC BODY SCULPTING

Low-impact class designed to work the body from head-to-toe by toning and increasing lean body mass.

AQUATIC PLUS

Improve your overall health with this dynamic full body workout that will enhance your balance, strength and cardiovascular levels.

BALLROOM DANCING

Ballroom dancing can help you lose weight, stay flexible, reduce stress, make friends and more. Learn International style both Standard & Latin dance basic steps. Waltz, Tango, Foxtrot, Viennese Waltz, Quickstep, Rumba, ChaCha, Samba, Jive. Learn solo, lead and follow basic social dance skills.

HYDROMIX

CONTINUOUS movement in the water from the beginning to the end of class. Low-impact exercises with VARIED intensity levels, intervals & goals. Each WORKout will CHALLENGE you in different ways, while having FUN!

FASCIA R&R

The fascial system runs throughout our entire bodies, separating, connecting & encasing muscles, organs & body systems. In this class, we honor our amazing Creator as we focus on His Breath of Life-Ruach, while stewarding our skillfully-knit together bodies. Using specialized rollers & balls, we rehydrate & release fascia (on mats). From skin to bones; head to toe & fingers, pain to face-lift; stress to prayerful Peace- **Fascia R&R** is for you!

Facility Hours:

Monday-Thursday-5:00am-9:00pm

Friday – 5:00am-6:00pm

Saturday- 8:00am-5:00pm

FUN FITNESS

Low impact fitness focused on building stronger bones, increasing cardiovascular strength, improving balance, flexibility and Posture.

NEW LIFE ACTIVE ADULT

Engage in strength training, core, development, work on balance, flexibility and stretching. Our students are inspired to challenge themselves.

CORE FITNESS

Walk taller, feel stronger! This class is designed to build core muscles while improving posture through exercises that strengthen the abdomen and back muscles and increase flexibility.

POWER SCULPT

Full body workout with a combination of weights and cardio.

WORLD DANCE JAM

Fun, smooth cardio dance class that targets the core and legs while learning the basic moves to Cuban style salsa, merengue, cha-cha-cha and more! Easy to moderate cardio

STRETCH & RENEW

A floor based, restorative inspired stretching class with a focus on mobility and recovery

MIND-BODY ALIGNMENT

A gentle seated and standing practice incorporating focused and slow body movement, accompanied with deep breathing to improve balance, strength and stability.

YOGA

Based on the Hatha method. Learn specific postures, breathing exercises and meditation to increase flexibility, muscle tone, balance and harmony.

YOGA FOR ARTHRITIS

Learn specific postures, breathing exercises and meditation to increase flexibility, muscle tone, balance and harmony performed in a chair.

ZUMBA

Latin dance-based, high energy cardio class with resistance training.