

# 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.

### **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 FIX**

This class focuses on the neuro-fascial system (the nerves + connective tissue). Through a blend of corrective exercises & self-massage methods using specialized soft rollers & therapy balls, your body will feel aligned, balanced, relaxed and less stiff. (This class is for EVERYONE; however, participants must be able to get on the mat/floor.)

### **FUN FITNESS**

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

### **Facility Hours:**

Monday-Thursday-5:00am-8:00pm  
Friday – 5:00am-6:00pm  
Saturday- 8:00am-5:00pm

### **NEW LIFE ACTIVE ADULT**

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

### **PILATES PLUS STRETCH**

Pilates technique combined with extensive stretching to enhance core strength and flexibility.

### **PSYCLING**

Indoor group cycling combined with motivational coaching and breathing awareness.

### **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

### **TAI CHI**

Chinese martial art emphasizing fluidity, circular motion and a strong base of support in the legs. Circulate the body's energy and improve focus.

### **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.