

Cardio Conditioning

- **Advanced Step:** challenge yourself with more intensity and advanced choreography.
- **Back to Basics:** a low impact aerobics class for the beginning exerciser. Includes cardio and sculpting.
- **Boot Camp:** ready to kick it up a notch? Come challenge yourself with a variety of cardio and muscle building exercises.
- **DCS-Dynamite Cardio Sculpt:** power cardio sculpt moves that target all areas of the body while challenging your respiratory system. OK for beginners to advanced!
- **Hi/Low X:** a high intensity, low impact class of choreographed moves on the floor.
- **Step I:** learn the terms, moves and “how” to step. Simple choreography.
- **Step & Strength:** experienced steppers will be challenged with more difficult choreography and higher intensity and sculpting.
- **Zumba:** a fun cardio class utilizing Latin/international music and Latin/international dance moves to burn calories and tone.
- **Intor to Zumba:** breakdown the moves, learn the steps in this beginning class. A fun way to burn calories and tone.

Muscular Conditioning.

- **Body Sculpt:** an overall body workout using bars, weights, balls, etc. to tone and shape.
- **Lower Body Tone X:** Intense 30 minute workout with exercises that help firm and sculpt the abdominal and gluteus muscles.
- **Upper Body Tone X:** a resistance training workout utilizing resist-a-balls, body bars, weights, and bands targeting upper body or lower body with abs and more.
- **SilverSneakers Muscular Strength-** move through a variety of exercises designed to increase muscular strength, range of motion and skills required during activities for daily living. Hand held weights, tubing and ball are offered for resistance and chair used for seated or standing support.
- **Sculpting and Abs:** a resistance training workout utilizing resist-a-balls, body bars, weights, and bands targeting the abs and more.

Mixed Conditioning

- **Ball/Bosu X:** enhance balance and coordination with cardio, strength and core training in this quick 30 min. class.
- **Cardio Sculpt:** a hi/low workout followed by body sculpting.
- **C.O.R.E X:** improve health and balance, increase muscular endurance and strength with full body core training.
- **Power Fit:** improves power, muscular endurance, balance, and overall agility. Helps lower body fat by toning and conditioning the body for natural flexibility
- **Power Step:** moderate to high intensity, low to high impact step aerobics and body toning.
- **SilverSneakers Cardio Circuit:** formerly SilverSneakers II: a heart healthy cardio workout followed by muscular conditioning. Basic steps and resistance tools will be offered. A chair can be used for seated or standing support.
- **Step, Cycle & Sculpt (SCS):** 20 min. intermediate stepping, 20 min. cycling, 20 min. body sculpting. Time flies by in this class!
- **Strollercise:** new Moms utilize strollers to get a good workout with their infants.

Mind and Body Conditioning

- **Gentle Yoga:** a yoga class giving a good morning stretch and relaxation using traditional poses.
- **Yoga:** focus on strength, flexibility, relaxation and breathing through traditional poses. Slow paced.
- **Pilates:** improve your muscle balance, posture, core stability, spinal alignment, strength, flexibility and control of breath by use of Pilates-based mat exercises.
- **Power Yoga:** movements holding various yoga poses/asanas. Perfect for those seeking a more physical workout session.
- **SilverSneakers YogaStretch:** a variety of safe and fun yoga postures and healthy breathing. A chair is used for support. Participants work at their own pace to build flexibility and endurance.
- **Yoga Flow:** strength, flexibility, relaxation, and deep breathing using traditional poses. Slow paced.
- **Yogalates:** a combination of both Pilates and Yoga in a one-hour class.