

Fitness Class Descriptions

Program	Description	Type	Level	Intensity
Aqua Power/ Aqua Fitness	a low impact, water resistance total body fitness workout	aqua	multi-level	moderate
Barre	ballet inspired high muscle endurance workout that fuses ballet conditioning, light toning, Pilates and yoga elements together	strength, core, stability, stretch	multi-level	moderate
LES MILLS BODY PUMP	a strength based workout that challenges all big muscle groups by using the best weight-room exercises like squats, presses, lifts and curls	strength	multi-level	moderate
Bootcamp	an interval training class utilizing dumbbells, barbells, bands, kettle bells, and ropes for strength and cardio exercises	intervals, circuits, sports training	multi-level	high
Core Xpress	this 30 minute blast combines multi-joint exercises to focus on the entire core of your body which includes abdominal muscles, hip, low back, and spine muscles while challenging your endurance	core strength, flexibility	multi-level	moderate
Cycle	a multi-level class appropriate for all fitness levels includes pedaling on a stationary bike as the instructor takes the class through an “imaginary ride” through hill climbs, sprints and other drills	cycle, cardio	multi-level	moderate to high
Cycle & Core	a workout combining 30 minutes of cycle followed by 15 minutes of core express	cardio, core, cycle	multi-level	moderate
Functional Fitness	a unique full body fitness class that addresses how we live and move on a daily basis; focus on stretching, light strength exercises and balancing elements to help preserve your overall health and fitness	strength, stretching, core stability	beginner to intermediate	low to moderate
Hydro HIIT	A low impact, high intensity water workout that incorporates interval training, circuit training and strength training for a total body workout.	aqua	intermediate to advanced	high
INDO ROW	a transformative total-body workout that challenges the body and focuses the mind using aspects of competitive rowing; class creates a team dynamic to encourage everyone to work towards their fitness goals; Indo-Row/ ShockWave is a 60 minute class that combines elements of both programs for a challenging and effective workout	strength	multi-level	low to high
Pilates Core	improve flexibility, balance, low-back health and posture, while strengthening your core muscles in your back, waist, hips and abdominals through the traditional use of Pilates exercises	restorative, core, stretching	multi-level	low to moderate
LES MILLS RPM	a ride that uses simulated hill climbs, sprints and flat riding where you control the intensity and let the motivational music tracks inspire the various speeds and terrains	cycle, cardio	multi-level	moderate to high
Senior Fitness	this class uses simple dance steps to get you movin’ and groovin’; light hand weights are used to add a strength component and gentle stretching closes the class	floor aerobics, strength, stretching	beginner	low to moderate
Strength	workout emphasizes strength exercises utilizing dumbbells, weighted bars, bands or body weight to provide a total-body strength workout	strength	multi-level	low to high
Ski Conditioning	30 minute class will focus on overall body strength, agility, and balance to help you enjoy the ski season	strength, intervals, core	multi-level	moderate to high
SHOCKWAVE	GX machine to provide bursts of high intensity intervals along with functional strength stations to tone legs, core and arms	circuit training, rowing	multi-level	moderate to high
Yoga/ Yoga Flow/ Gentle Yoga/ Power Yoga	yoga uses traditional principles and poses with emphasis on proper yoga alignment; a variety of yoga practices are used (beginning yoga is offered); flow yoga is a constantly moving workout focusing on strength and flexibility while flowing through yoga poses and ending with relaxation; gentle allows for proper yoga principles and poses while emphasizing deep, slow stretching techniques power is a vigorous fitness-based approach to yoga	restorative yoga, stretching, relaxation	multi-level	low to moderate
TRX Suspension Training	suspension training using body weight to develop muscular strength, balance, flexibility and core stability simultaneously	strength, core, flexibility	multi-level	low to moderate
HIIT Strength	high intensity cardio intervals combined with strength exercises using bodyweight, dumbbells, resistance bands, and gliders	cardio, strength, core	multi-level	moderate to high
ZUMBA fitness	a Latin inspired dance fitness workout that combines fast and slow rhythms to achieve a unique balance of cardio and muscle-toning	dance, cardio	multi-level	low to moderate