



# Group Exercise Classes & Instructors

## AQUATICS



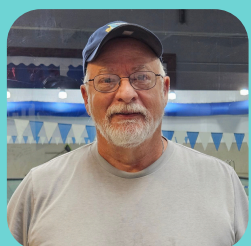
**Adult Aqua Fit with Elena** – This 1 hour class uses the resistance of the water and bodyweight paired together to make for a great full-body workout. You will work up a good sweat, but leave the pool refreshed. This low impact workout is great for anyone looking for a full workout while being kind to your joints. All levels welcome!



**Hydro Worx with Zing** – This water weights class gives you a good cardiovascular workout, gently increasing your pulse and breathing rate, great for improving your heart health! The resistance of the water means that opposing muscle groups are worked in each movement as you push against the water, building strength and muscle tone. The support of the water greatly reduces the risk of muscle and joint injuries. It's a great stress reliever, the water massages you and cools you, giving you a feeling of weightlessness and an enormous sense of well being.



**Silver Sneakers Water Aerobics** – This 60 minute class uses the resistance of the water and bodyweight paired together to make for a great full-body workout. You will work up a good sweat but leave the pool refreshed. This low impact workout is great for anyone looking for a full workout while being kind to your joints. All levels are welcome!



**Tight & Tone** – This aquatic class will increase muscle tone and burn calories, this class will also leave you feeling better, refreshed, stretched and energized. Ready to start your day or start the next aquatic class! Class is for all fitness levels.



**ThinknSwim with Zing** – This class provides coached workouts for swimmers of all levels, and seeks to encourage improvements in technique and biomechanics in all four competitive strokes. Workouts include carefully selected drills and skill sets that develop kinesthetic and proprioceptive awareness, while also building swimming speed and proficiency.



**Water Walking** – If you enjoy walking, but would like to change things up from your usual routine or just starting out, water walking is an option that can boost your fitness. This is a low-impact exercise that will help you burn calories, while building strength in many muscle groups. All levels are welcome!



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## DANCE



Dance & Burn with Jaye- This class is full of rhythm and groove as you dance to the music while paying attention to your core, arms, and butt. You are sure to break a sweat during this low impact, heart pumping Latin dance style fitness class. All levels welcome!

## MIND/BODY



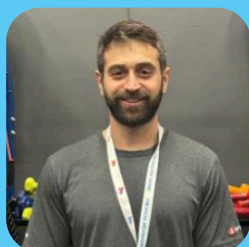
Beginner Tai Chi for Health and Advanced Tai Chi – Tai Chi for Health with Gary and Patti – consists of controlled movements designed to improve overall health and well-being. Participants of all levels can learn the Yang style from beginners to those with some familiarity with Tai Chi. Come and learn together the beautiful flowing “dance” of Tai Chi.



Chair Yoga with Cathy- Standing as well as seated yoga poses, along with flow movements are designed to promote flexibility, balance, strength, and range of movement. Class members will use a chair, Silver Sneakers Ball, and at times a non-flexible towel or strap. Does not involve moving down to the floor. All levels are welcome!



Flow Yoga with Gwen – A flow yoga class that focuses on connecting breath with movement. You'll challenge yourself as you work at your own level in a safe and supportive environment.



Gentle Yoga with Rich – Gentle Yoga is a low-intensity class that blends easy stretches, simple poses, and mindful breathing to release tension and improve mobility. Great for: beginners, active older adults, and anyone seeking a soothing, feel-good reset. All levels welcome—no experience needed.



ThinknFit with Zing -This class seeks to develop mobility, flexibility, coordination, stability as well as strength through a variety of multi-joint, multi-directional exercises. We employ training tools such as dumbbells, kettlebells, medicine balls, and more to challenge neuromuscular connections, encourage cognitive and sensory awareness while improving the body's capacity for movement and resistance training.



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## LOW-IMPACT



Silver Sneakers in the gym – A fun, basic dance movement-inspired class incorporating easy-to-follow movement patterns, upper body strength development, and balance challenges. Class members will use a chair, a Silver Sneakers ball, resistance bands, and handheld weights. Does not involve moving down to the floor. Beginner to intermediate.

## STRENGTH & CONDITIONING



Boot Camp with Jay– This hour-long class often travels throughout the building and beyond! Some days you are running through the gym and up the stairs, other days you will spend it all in the multi-purpose room. There are a variety of strength movements from bodyweight to dumbbells and kettlebells. You can go as easy or as hard as you would like making this workout for you! All levels welcome! This class is member led.



Full Body Circuit/Strength with Christina – Circuit – This is a full body workout transitioning through four different stations to target upper body, lower body, with cardio, and core work. Four sets at each station as you rotate through. Strength – This is a full body workout. This class uses kettlebells, dumbbells, bodyweight, and cardio to get you through this workout.



Morning Workout with Cathy – Strength and conditioning with the use of free weights and other resistance equipment including stability balls and making use of the Nautilus Room, all with a twist of education as a group personal training session.



Pump & Tone with Jen – Barbell and free weight workout designed to tone and sculpt your muscles with a music-based routine. High reps, light weights. All levels welcome!



Step with Christina – This cardio based class gets your heart rate pumping with the use of a step and light weights. Everything is modifiable for all fitness levels. The weights provide just enough push for resistance as well as building lean muscle.