


## GROUP FITNESS CLASS DESCRIPTIONS

### Land Classes = Senior Specific

**I-So Bands:** I-So Bands is a class using all resistance bands combining full movements with isometric reps and holds for a total body workout. This class is for all fitness levels.

**Cardio Strength:** A mix of cardio and weights. You can make it high impact or low impact. This class is for everyone!

 **Chair Yoga:** Enjoy the benefits of yoga using a chair! Build core strength, flexibility and balance with seated/standing sequences.

**Cycle Strength:** A perfect blend of cycle and weights. All levels welcome! You will always have the option to forgo the weights and stay on the bike if you'd like.


**Dance HIIT:** A choreographed dance fitness for all fitness levels. This class combines simple, modern fitness techniques with music you know and love. The class format alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level!


**Senior Circuit:** Get the benefits of the Drums class with added circuits of strengthening, balance, and stretching! Circuit training incorporates all of these training modes into a time-efficient and effective workout format that is often used in senior fitness programs.

**Adult Dance:** Now offering a beginner and advanced class! This adult dance class incorporates ballet and jazz basics in a laid-back yet professional environment. Improve your posture, flexibility, balance, strength, coordination all while having fun! This class is for all levels. No experience required!

**Treadz:** A mix between treadmill intervals and strength moves. Will strengthen your full body, including your heart in just 45 minutes

**HIIT Circuits:** A mix between cardio and strength circuits. This class will strengthen your full body, including your heart and muscles.

 **Pilates Yoga Fusion:** Get the best of both Yoga and Pilates in this class that focuses both disciplines to help you improve your abs, back and other core muscle groups while increasing your overall strength and flexibility.

 **Senior Shuffle:** This class is a low impact cardio routine choreographed to the beat of fun music. Standing abs, arms and balance will be added to challenge your core without laying down on the ground.

**Stretch & Strength:** This class is geared towards seniors and uses forms of Pilates for strength and stretching.

**Total Body Sculpt:** Get sweaty with a fun, fast paced full body workout! You will use different props such as bands, weights, balls and more to work your body from every angle. This class uses a mix of different moves with larger muscle moves and plyometrics to keep your body guessing! You will move to the music and work hard but leave feeling stronger and longer.

**Cycle Power:** focus is on using Power (WATTS) as a measurement of improvement. Each class will start with a mini FTP to setup each individuals workout. This way each person is working to his/her own abilities. Class consists of High Intensity Intervals with periods of rest, incorporated with moderate levels for endurance building.

**Gentle Yoga:** Move through a series of stretches, yoga poses and guided breathing to increase flexibility and mobility, decompress, improve balance, and create more physical space in the body. Gentle yoga is a great way to slow down, connect with your body, and calm your mind. This all levels dynamic practice is ideal for anyone new to yoga, but everyone will enjoy this opportunity to move your body, breathe deeply and simply *feel good*.

**Hot 26 Yoga:** Hot 26 is the original Hot Yoga class! The 26 Hatha poses + 2 breathing exercises are practiced in a heated room. This traditional, therapeutic yoga class is intended to be a daily class to improve and maintain radiant health. The asanas are performed in a precise sequence, which build upon themselves taking you through a moving meditation while simultaneously improving balance, strength, endurance, and flexibility.

### Aqua Classes

**Aquafit Combo:** This workout includes all the components of fitness (cardiovascular, muscle conditioning, flexibility, balance) topped off with abdominal work.

**Aqua Fit:** This is a dynamic workout that focuses on muscle and strength endurance. The last half of class includes Pilates and yoga movements.

**Aqua Low Impact:** This class is suited to those who have knee, hip and joint issues. Includes designed exercises that improve joint flexibility and mobility.

**Aqua Tai Chi:** Utilizes both Yang, Sun and Qi Gong styles. It is a continuous movement coordinated with abdominal breathing and mental focus to build overall muscle strength, improve posture, increase flexibility and improve bone density.

**Aqua Tone & Strength:** Increase muscle definition, burn calories, improve flexibility to create an overall better feeling. You'll leave this class feeling refreshed, stretched, and energized.

**Aqua Zumba:** Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints during Aqua Zumba. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Deep Water Fitness:** This is a great full body workout in the deep water. This class will tread water the majority of the time, but don't worry because pool noodles, life jackets or belts can be used. This class is for all levels.

**Lazy River Challenge:** This class strives to improve muscle tone, flexibility, cardiovascular fitness, endurance, and build muscle all while maintaining good posture. The added component is the current in the river which automatically produces resistance! Water shoes are recommended.



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