

CLASS DESCRIPTIONS

Aquacise: 60 minutes Water Aerobics, cool, refreshing, toning way to lose weight
Free for Members, \$5 for Non Members

20/20/20: 20 minutes cardio, 20 minutes Weights/abs, 20 minutes Stretch
Free for Members, \$5 for Non Members

Interval: Step Aerobics alternating with weight Training.
Free for Members, \$5 for Non Members

***Masters Swim:** *Members of USMS & Aquatics members ask Fitness Desk for more info*

MAT YOGA: Primary Safe Hatha Yoga class in a Fitness Class Environment
Free for Members, \$5 for Non Members

PILATES: **Insight into the Pilates Principles in a Pilates Mat Class**
Free for Members, \$5 for Non Members

SS Circuit: (SilverSneakers®) Designed for the senior that needs more cardio w/strength training

SS Classic: (SilverSneakers®) Designed specifically to address the needs of older adults to improve agility, balance, coordination and strength. Can be done standing or seated

SS Yoga: (SilverSneakers®) Older Adult group exercise class that specifically targets flexibility, range of motion, balance and mind-body integration. Can be done standing or seated.

***TRX:** (Total Resistance Xercise), **ALL Core** is working while you are working other muscle groups
\$5 a class or 8 classes for \$35, Non-Members \$8 a class or 8 classes for \$56

***YOGA FLOW:** Get your **FLOW** in this dynamic Vinyasa practice. Great for Beginners and experienced Yogis.
\$5 a class or 8 classes for \$35, Non-Members \$8 a class or 8 classes for \$56

***ZUMBA:** Dance those pounds away while having **FUN—\$5.00 a class members/ \$8.00 for non-members**

***means extra cost for member and non-members, check with Fitness Desk for cost**