

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 Wts/abs, 20 minutes Stretch

Free for Members, \$5 for Non Member

Interval: Step Aerobics alternating with weight Training.

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

PILATES: Insight into the Pilates Principles in a Pilates Mat Class, Focus on Core Strength

REC FIT: Cardio Fitness with Strength Training and Core workout

Free for Members, \$5 for Non Member

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 Exercise), 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.

***ZUMBA:** Dance those pounds away while having FUN--\$5 a class for Members, \$8, Non Members

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