

**Anything Goes Cardio** -Expect to work hard, get your heart rate up, and have fun doing a variety of exercises. Do you want a challenging workout... or is a lower less intense workout more your style? **EVERYONE** can feel success in class and push you to the best of **YOUR** abilities.

**Barre Fit** - The same ballet inspired class with the focus on cardio and strength. Feel the burn fast in this shortened Barre class.

**Cardio Barre** - Sure to get your heart rate up with our ballet-inspired class using light weights and ballet barres to tone and strengthen the entire body. and strength training are both included to give you the lean muscle you are looking for! Also improve on flexibility! dance experience required. It is great for ALL levels of ability!

**BodyFlow™** - This is a yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. It will help improve joint flexibility & range of motion, increase your core strength and reduce your stress levels. A new BODYFLOW class is released every 3 months with new music and choreography.

**BodyPump™** - Welcome to the original barbell class that strengthens your entire body. This 60 minute workout challenges all of your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspires you to get the results you came for - and fast!

**Cardio Dance Fitness** – dance to help you move, shake, and groove your way to burn calories the fun way.

**Chisel & Sculpt** - A combination of strength training & high intensity interval training that challenges you muscles, burn calories and build total-body strength.

**Cycle Boot Camp** - Pedal your way to a healthier life! 15 minutes of cycle followed by 15 minutes of strength training and repeat to make a fun workout (increments of cycle/strength/core may change) Great for beginner or the advanced cyclist.

**CXWORX:** Exercising your core and the muscles around your core for 30 mins. You work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

**Energy Ride**– Get in gear indoors! Transform the way you look and feel with this fat-burning cardio full body workout! You will climb, jog, sprint and dance your way to a new healthier you!

**Forever Fit** - A class designed for the active older adult but all ages are welcome! It includes low impact aerobics, stretching and the usage of light hand weights. This class helps keep muscles and bones strong and increases the participants' balance, coordination and range of motion. Enjoy easy-listening music and line dance steps.

**Guts and Butts** - You get 40 minutes of high intensity cardio step aerobics and 20 minutes of muscle toning and strengthening exercises all in one great class. Great for men and women.

**Intro Cycle**– A quick ride for those beginners who have never been to a cycling class and don't know where to start to those active older adults who are looking for a different way to get some cardio in.

**Intensity Fusion:** Using your body weight, light hand weights and you'll move through a series of fast-paced cardio intervals with kickboxing, mountain climbers, jumps, steps and nonstop movement to help you reach a maximum burn and increase endurance and agility. The class sequences change often so you never get bored and the challenge stays fresh. This class will have high-energy and alternate from using steps to a combination of athletic movements. Many moves that cater for your beginners to your fitness fanatics.

**Movement Improvement** - This class is specific to the population living with neurological disorders, such as MS, Parkinson's, RA, etc. It will be a safe exercise environment with goals of increasing range of motion, improving strength & balance and socializing with others to gain better physical & neurological abilities. This class is a lot of fun!

**Pilates** - This class uses a series of exercises lying on a mat or using a stability ball to promote core strength, flexibility, good posture and improved body awareness.

**Quick Spin** - A quick ride with the focus on getting that heart rate up with the variety of different rides that you can simulate! Hill climbing, sprinting and endurance are just a few of rides that you will experience.

**Resolve to Evolve** - Will meet at the front desk of the Hazel R. Keene Wellness center and will take place in the wellness center. It's a group workout designed to yield results, and help you to **evolve** both physically and mentally.

**SilverSneakers® Classic** - Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. Chairs are also used for seated and/or standing support.

**Step Aerobics** -moderate intensity aerobics class using the Step. Step aerobics burns 30 - 60 % more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals, and buttocks. Step is an energizing workout using a height-adjustable step and simple movements on, over and around the step. This energizing step workout will make you feel liberated and alive and is great for **ALL** fitness levels

**Tai Chi** - strengthen the central nervous system and stimulate the cerebral cortex, both helping the brain to rest and relieve certain nervous and mental disease. involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**Yoga** - Postures are practiced to align, strengthen & promote flexibility in the body. Breathing techniques & meditation are also integrated. You can expect an emphasis on simplicity, repetition, & ease of movement. Full-body relaxation & balance are the goals, as we make a full circuit of the body's range of motion.

**Yogilites** - Combines the best of both yoga & Pilates in one terrific workout. Stability balls & hand weights are also incorporated into the class.

**Zumba** - fuses hypnotic Latin and international rhythms and easy-to-follow moves to create a dynamic dance-fitness program that will blow you away. We want you to work out, to love working out, to get hooked. Choreography varies by instructor. For all fitness levels!

**20-20-20 Burn** - 20 minutes cycle, 20 minutes kickboxing, 20 minutes core work!