

Open Group Exercise Classes free for Members (Ages 15+). No Registration Required!

<u>Boot Camp</u>	Knock your boots off with this cardio class that trains the whole body! May include running, jumping rope, push-ups, stations, stair running, and more!
<u>Step</u>	New to step or a longtime fan, these classes will make you work and keep you moving. Features basic step moves to get your heart pumping, with floor, dance moves, or mind/body exercises thrown in to spice things up.
<u>Total Body Conditioning</u>	This toning and cardiovascular workout uses the latest body conditioning tools to tighten and tone while sweating to music! Get ready to be worked!
<u>Butts and Gutts</u>	Spend 30 minutes focusing on toning exercises that target the core and glutes. You are guaranteed to feel the burn!
<u>Cardio Tone Interval</u>	Take 1-2 minutes of cardio and 3-5 minutes of toning and you have a fun heart pounding muscle toning class.
<u>Simple Stretch</u>	A stretching class for the whole body and every body. Class may use the stability ball. Please bring your own mat.
<u>Express Body Sculpt</u>	A 30 minute toning class for the entire body that will add discipline and variety to your current strength workout. Different resistance techniques will be used to advance the exercises
<u>Combo</u>	Flexible class format. Creative class may include step, kickboxing, hi or low impact, gliding, and more. Great cardio workout!
<u>Weekend Warrior</u>	End your week with a 75 minutes of a power packed class that will include cardio and toning in a flexible format.
<u>Zumba</u>	Zumba is a cardio class that combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries. Fun and easy to do. No experience necessary!
<u>Jump Start</u>	There's no way to start your day like going to an aerobics class! Flexible class format may include step, weights, kickboxing, hi or low impact, and more!
<u>Golden Yoga</u>	(Ages 62+) Gentle yoga class that improves range of motion, flexibility and strength, while promoting relaxation. Please bring your own mat.
<u>Silver Sneakers</u>	The nation's leading older adult exercise program that improves overall fitness and encourages social interaction. A comprehensive older adult fitness class.
<u>Water Warrior</u>	Geared toward the aquatic exerciser who leads an active lifestyle and is looking for a challenge. Includes warm-up, aerobic segment, and cool-down as well as fun functional exercises using resistance tools that increase resistance and buoyancy.
<u>Water Zone</u>	This level of water aerobic is low impact with the emphasis on balance, coordination and flexibility. Join the class and improve your physical, social and mental well-being.
<u>MS Water Exercise Class</u>	A water aerobics class geared toward people living with multiple sclerosis. Instructor trained by the National MS Society.
<u>Trek and Tone</u>	Combine the benefits of walking and water and you get a class that gets your heart rate pumping. This class is easy on the joints but ensures a great workout. You will use a variety of water equipment to increase muscular strength and cardiovascular fitness.
<u>SilverSplash</u>	Activate your aqua exercise urge for variety! Silver Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance.
<u>Aqua Challenge</u>	The complete water workout! This moderate-intense aerobics class is geared towards increase strength, aerobic fitness, and flexibility and helps control weight.
<u>Lean and Mean</u>	Expect to be challenged! Class is fast-moving and high energy and uses a variety of water tools to help increase resistances and intensity.
<u>Deep Water Challenge</u>	Class is taught entirely in the deep end with a variety of equipment and progressive movements to target all of the major muscle groups including core strength and cardio. With the help of flotation devices, this no impact workout builds core strength and cardiovascular abilities.