

Aqua Abs and More: Deep water aqua with some core workout, using water noodles. (E,S,F, CV) **45 minutes, B / I intensity**

Aqua Yoga: \$20.00 for 8 classes. \$3.00 drop-in fee. A total Yoga practice in the water. Perfect for those who want to reap the benefits of Yoga but find land Yoga difficult. (E,F,R) **60 minutes B/I intensity**

Aqualates: Take the pilates principles and movements into the deep water. Challenge the core. (E,F,R,S) **30 minutes, B / I / A intensity**

Ballroom Dance: Learn the steps, techniques and styling of popular dances including the tango, waltz, fox trot, cha-cha, rumba, swing, mambo and salsa. Singles and couples are welcome. (CV) **60 minutes, B / I intensity**

Belly Dance: Also known as Middle Eastern Dance. Learn a new way to workout and have fun. (CV,F) **60 minutes, B / I intensity**

Dance Fusion: Start with warm-up and stretch, into high energy, but low-impact, Zumba-esque dance class with movements drawn from various dance styles. (CV,F) **60 minutes, B / I intensity**

Gentle Stretch: A more gentle, relaxing version of stretch. (F,R) **30 minutes, B / I intensity**

Gentle Yoga: Learn techniques for gentle Yoga and breathing exercises for relaxation and meditation. This enhances creativity, tranquility and energizes the body. (R) **60 minutes, B / I intensity**

Hard Core Cardio & Conditioning: Not for the faint of heart. Extreme conditioning for the advanced athlete and for those who would like to make a difference in the quality of their workout. (CV,E,S,F) **50 minutes, I/A intensity**

Hula Dance: This introductory class of the Polynesian dance art form will cover the basic hula steps, hand motions, meanings, history, translations and applying them to the choreography of the dance. (CV,F) **60 minutes, B / I intensity**

Pilates Mat Class: Based on J. Pilates, to develop core strength and flexibility. (E,F,R) **45 minutes, I / A intensity**

Qi' Gong: Learn how to use this ancient Chinese exercise to cultivate vital energy for the health of your body, mind and soul, while slowing down aging process. Proven to reduce stress and lower blood pressure, lengthen breathing, while working every muscle in your body. (F,R) **60 minutes, B / I / A intensity**

Six Healing Sounds Meditation: Empowering techniques that enhance your physical health and restore harmony to your spirit. Techniques include guided visualization, breath work, and self massage. (R) **60 minutes, B / I intensity**

SPINNING: Join us for the ultimate cardio interval workout.

Water bottle mandatory! (CV,E,R,S) **50-minutes, A intensity**

Super Stretch: Longer, deeper version of Stretch. (F,R) **45 minutes, B / I intensity**

Swim Stroke Clinic: Improve your swimming in one evening! Ask Penny for more information. Additional Fee. Watch for the subject of the month. (CV,E,S) **60-minutes, Must know how to swim!**

Stretch: At the end of a morning of working out don't miss this vital element. Use various stretching techniques to improve joint and muscle range of motion. (F,R) **30 minutes, B / I intensity**

T'ai Chi: An ancient Chinese form of gentle exercise, which brings meditation through movement. Relaxed, fluid motions enhance balance, endurance, clarity and the calm necessary for optimum health and harmony. (F,R) **30 minutes, B / I / A intensity**

Total Body Boxing: Must arrive in time to glove up before class.

NO LATE COMERS. A muscular toning class utilizing tubing and weights, the bar and floor work to strengthen the muscles of the entire body. (E,S) **45 minutes, I / A intensity**

Total Body Conditioning: A muscular toning class utilizing tubing and weights, the bar and floor work to strengthen the muscles of the entire body. (E,S) **45 minutes, I / A intensity**

Tread and Shed: Intervals on the treadmill with light stretching for an all-around cardio work-out. First come, first serve. (E,S) **45 minutes, B / I / A**

Vinyasa Yoga: Flowing through postures with the breath. Increase strength, flexibility and cardiovascular health. **Should have some Yoga Background.** (CV, E,S, F, R) **60 minutes, I / A intensity**

Water Aerobics: A multi-intensity aerobics option offering minimal impact forces on the body. (CV, E, F) **45 minutes, B / I / A intensity**

Water Blast: A multi-intensity aerobics option offering minimal impact forces on the body. Includes some water resistance training the last part of class. (CV, E, F) **50 minutes, B / I / A intensity**

Water Toning: A complete strengthening workout in the water using the body and various equipment to create challenging resistance. (E,S, F) **45 minutes, B / I intensity**

Water Work!: A complete strengthening workout in the water using the Water Balls and the body at various speeds to create challenging resistance. (E,S) **45 minutes, B / I intensity**

Yoga: An emphasis on breathing, flexibility and posture as you learn to balance your mind, body and spirit. (E,F,R) **60 minutes I / A intensity**

Yogalates: A mind/body class integrating yoga and pilates movements with emphasis on alignment and breathing. (F,R,S) **55 minutes, I / A intensity**

Yoga Meditation: Learn techniques for relaxation and meditation with an emphasis on yogic breathing and visualization. This enhances creativity, tranquility and energizes the body. (R) **60 minutes, B / I intensity**

THIS IS AN INTENSE FORM OF MEDITATION.

ZUMBA Dance and ZUMBA Hoop: Tone and condition your body with a high energy, Latin-based, low-impact workout. (CV,F) **50 minutes, B / I / A intensity**

COMPONENTS OF FITNESS:

CV Cardiovascular/Aerobic
E Muscular endurance
F Flexibility
R Relaxation
S Muscular strength

CLASS INTENSITY:

B Beginner
I Intermediate
A Advanced **January 2012**

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