



# CLASS DESCRIPTIONS

## **AQUA AEROBICS | Bonnie**

This class is medium to high intensity, but low impact to protect your joints. Perfect for those who are just starting back to fitness as well as those who need a new challenge? Cardiovascular conditioning, muscular endurance and strength are emphasized. No swimming ability required. All fitness levels welcome!

## **AQUA ZUMBA | Bonnie**

Aqua Zumba is a great way to work aerobic endurance, muscular resistance, flexibility and joint mobility all at the same time while incorporating the dance rhythms & flair that make Zumba Aqua so much fun!

## **YOGA | Kat**

All ages and abilities will enjoy this chance to wind down and refocus priorities while increase flexibility and strength. Beginners welcome!

## **RESTORE YOGA | Kat**

A class that focuses on creating space in your body through deep stretching and holding of poses. Props such as blocks, bolsters and straps provide the opportunity to improve flexibility. The perfect post golf, tennis work "in". Everyone invited to attend.

## **TOTAL BODY FITNESS | Bonnie**

A total body workout routine concentrates on strengthening, toning & tightening your entire body with the use of the fitness ball. Weights & balance training. This class is designed for all levels!

## **PILATES | Bonnie**

Pilates is excellent for gaining core strength and this beginner class is the perfect way to start building a stronger midsection that will be less prone to injury. Having a strong core can protect the back from injuries and ailments such as sprains, stiffness, and even bouts of sciatica. Pilate's targets the upper and lower abdominals, oblique's, and back, as well as toning the glutes and thighs. All fitness levels welcome!

## **BARRE | Bonnie**

Barre class is a combination of ballet, strength, yoga and Pilates, focusing on core, glutes balance and strength training. The class is taught at the barre with weight training and some additional floor work. All levels are welcome.

## **SWEAT (HIIT) | Bonnie**

High-intensity interval training (HIIT) workouts are a popular kind of exercise that involve exerting your maximum energy during short periods of time. HIIT workouts require you bursts of high-intensity strength and cardio exercises followed by brief periods of recovery. Your instructor will have your heart rate up while you move through a variety of different movements at your own pace. Increase your stamina and burn calories during this intense, but fun workout with exercises that can be both high impact and lower impact depending on your level.