



CLASS DESCRIPTIONS

AquaFIT: Aquatic exercise is a low-impact water class. Water takes the pressure off your bones, joints and muscles. Water offers natural resistance, which helps strengthen your muscles. You can even do aquatic exercise if you don't know how to swim. Aqua-FIT class is performed in chest-deep water. All fitness levels will benefit.

CoreFIT Pilates: Core strength is the foundation of Pilates exercise. The core muscles are the deep, internal muscles of the abdomen and back. When the core muscles are strong and doing their job, as they are trained to do in Pilates, they work in tandem with the more superficial muscles of the trunk to support the spine and movement. All exercises are developed with modifications that can make a workout safe and challenging for a person at any level. Please bring a mat and water bottle.

SeniorFIT: A low-impact chair class for all fitness levels that works all of the major muscle groups. This class consists of low impact aerobics, strength training, flexibility exercises, and balance/coordination. Keep and improve your strength so you can stay independent. Have more energy to do the things you want to do. SeniorFIT is a great class for seniors, beginner exercisers, or physically challenged participants.

StayFIT: Each workout includes low-impact cardio with easy-to-follow choreography. Enjoy a different workout each day; utilizing your FitBall, yoga, Pilates, and muscle conditioning. Please bring a mat, water bottle, and your FitBall (Mondays only).

Yoga: Enjoy a combination of eclectic Hatha yoga and Pilates designed to increase your strength, tone your muscles, improve your balance, deepen your breathing, and focus your mind—all while having a lot of fun. It is suitable for all ages and fitness levels and no previous yoga experience or special equipment is needed. Just bring a mat, some water, and a smile.