

## COURSE DESCRIPTIONS

ADULT BOOT CAMP: **Ages 16+** | Have a hard time putting together a program or sticking to it? Just show up and we'll design your workout for you in an intense, multi-level setting.

AQUA BOOT CAMP: **Ages 12+** | Higher intensity cardio and strength building. A full body workout in the pool!

AQUA YOGA: **Ages 12+** | Super low impact, this unique Yoga class is suitable for all levels. Meets in the pool area.

BALLET: **Youth 11+, Adults** | Single drop-in, per class: **\$16**. Four class pass: **\$50**. Barre exercises will emphasize proper placement. Instruction strives to integrate both technique & lyrical expression. Center combinations focus on clean lines, musicality, & spacious movement. Adult dancers are advised to make adaptations to suit their needs.

CORE FITNESS: **Ages 16+** | Whether injured or healthy, come for a personalized routine that will help strengthen the often underused area between the upper thighs and shoulders.

CYCLE EXPRESS: **Ages 16+** | Need to get your workout in before the workday begins? Cycle Express is for you! Our intense 45-minute cycling class is designed to get you in and out with time to spare.

FELDENKRAIS METHOD: **Ages 16+** | Rediscover your innate capacity for graceful, efficient movement. You will be asked to participate in different movement sequences in an effort to sense what feels comfortable and easier for you. Bring comfortable clothes and a yoga mat (if you have one).

GROUP CYCLE: **Ages 16+** | Get a ride in with our instructors and increase endurance and strength. Our Kaiser stationary bikes offer a wide range of adjustments for any rider, and a comfortable ride for both new and experienced cyclists. Our bikes are Shimano SPD compatible.

INSANITY LIVE!: **Ages 16+** | Master athletic training drills, cardio conditioning and strength training to reach your personal best in this moderate intensity class.

KIDS FIT: **Ages 6 – 12** | Kid friendly exercise and fitness activities designed to keep your children moving and having fun without realizing they are getting a workout!

KIDS FIT JR: **Ages 2 – 5** | Same as Kids Fit, but adapted to a younger age group.

KIDS YOGA: **Ages 5 – 12** | One hour of yoga stretches, poses and techniques designed with the kid in mind! For the flexible and inflexible alike, Kids Yoga will help your child increase flexibility, balance, concentration and relaxation while having fun!

P90x: **Ages 16+** | Group-focused total-body strength and cardio class that incorporates proven principles from personal training and functional strength coaching. Moderate to high intensity.

PILATES: **Ages 12+** | Based on controlled movement, breathing, concentration and postural alignment, this low impact strength training course is suitable for all levels.

PILATES MOVEMENT: **Ages 16+** | Pilates Movement uses Pilates poses and exercises in a mindfully dynamic fashion to improve core strength, flexibility, and balance. This no impact, mat exercise format is easily modified to accommodate everyone simply by using a chair. The perfect way to begin your busy day!

STRENGTH & STAMINA: **Ages 12+** | One hour of heart pumping exercise. A mix of continuous cardio and strength intervals synced to a fast beat and lively music.

VINYASA YOGA: **Ages 12+** | A flowing, dynamic form of Yoga connected to breath, typically hosted in our quiet and spacious Community Room.

WATER AEROBICS: **Ages 12+** | Join us in the pool for a fun beginner/intermediate cardio, strength building, full body workout.

WOMENS' RUN/WALK: **All Ages** | A female specific, physician designed program that is tailored to fit any runner or walker at their current fitness level. The program utilizes a run-walk method of training, with safety and long-term benefit at its core.

YIN YOGA: **Ages 12+** | A slower paced style of Yoga, with an emphasis on holding poses for longer periods of time.

ZUMBA: **Ages 12+** | The original dance fitness program! Some classes may be provided by contractors – check the schedule to see if an additional fee is required.