



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTH WELL-BEING & FITNESS

**Ball/Core Fitness** GET ON THE BALL and get to this class! A great muscle conditioning class using the large exercise balls to challenge the upper and lower body while focusing on strengthening the core stabilizing muscles.

**Basic Training** A cross training class that combines cardio & strength exercises to challenge you to your next level of fitness.

**Cardio Box & More** Get your heart rate pumping with the basics punches, jabs, & kicks of cardio box along with strength, balance and core training exercises.

**Cardio Strength/ Cardio Interval** Enjoy energy building cardio and muscle strengthening exercises using body weight with an emphasis on intensity options and modifications for optimal results. So join us and jump-start your day with a great workout!

**Core** Target the abdominals & lower back (CORE) muscles with this dynamic workout. Learn effective strengthening techniques & proper form. Improve your posture and reduce lower back stress.

**Cycling** A workout for all levels of fitness designed to increase stamina. You climb hills, race down flat roads all in the comfort of the fitness studio. Bikes available on 1<sup>st</sup> come 1<sup>st</sup> serve basis. Arrive early to secure your spot!

**Family Fitness** Family that PLAYS 2gether STAYS 2gether! This class is totally focused on the family. A great variety of cardio, strength & flexibility workout utilizing family calisthenics, agility, partner exercises & more!

**Family Jam** Come learn the latest hip hop & other dance moves while representing for your family! For the Mom/Daughter, Father/ Son or Sister/Brother! Get stronger and more physically fit in this fun, family dance class. For new and hip hop veterans alike. J

**Fitness Yoga/Yoga** A great workout for spirit, mind & body. Strength, Flexibility, Balance & Relaxation are improved by utilizing yoga poses & breathing techniques. Great for all fitness levels.

**Forever Fit** This class is great for individuals new to exercise, who have fitness limitations or who may not have exercised in years. Non-impact chair exercises are designed to improve your strength, flexibility and the ability to perform functional activities.

**Group Strength** A workout for your major muscles groups using your body, weights & other resistance equipment for effective strength & endurance training. Improve bone density, muscle strength & metabolism.

**Interval Cycling** Increase your aerobic and anaerobic capacity with interval training! This is a structured cycling class which takes you through intense timed work efforts with subsequent recovery phases. Come with a water bottle and be prepared to pedal hard!

**Interval Step** This class features step combinations to elevate the heart rate followed by short bursts of muscle conditioning exercises. This class will be fun and challenging!

**KENPO – \*fee based** It's an introduction to the American self-defense art of Kenpo! Learn to use your entire body to develop practical self-defense skills while increasing strength, flexibility, coordination, discipline and confidence. (*\$25 for member - sessions occur monthly*)

**Pilates** Pilates is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back. Grab your mat and you are ready for class!

**PIYO** A unique fusion of Yoga and Pilates all in one class that is designed to build strength & gain flexibility. It's about creating energy, power, and rhythm within the body. Think increased overall core strength, and greater stability!!

**Quick Spin (B)** An introductory level cycling class for those participants that are new to group cycling. Learn proper technique & form....we throw in the sweat for free! J

**Step Basics (B)** Learn the basic stepping patterns used in the more advanced step aerobic classes while getting a great cardio workout

**Step & Core** A high energy, music groovin' cardiovascular workout using an adjustable step platform followed by an effective abdominal (core) workout!

**Step & Tone** This class consists of aerobic step training with intervals of resistance training. It works all major muscle groups and is designed specifically to improve strength and cardiovascular conditioning.

**Strength Express (B)** An introduction to group strength training that provides you with the basics of proper form & technique to develop major muscles groups

**Sunrise Yoga** Gentle movements warm you up in the early morning. Postures are harmoniously connected with the breath while seated, standing or lying on the mat. At the end of class you will be refreshed and centered, ready to start your day.

**Tae Kwon Do** Bring your family to learn the modern & popular martial art of self-defense along with mental tenets of courtesy, honesty, integrity, perseverance & indomitable spirit. The Family that PLAYS 2Gether STAYS 2gether! **For ages 6 years & up.**

**Tai Chi Basics (B)** This class will cover the basic concepts of Tai Chi. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind- body connection will be discussed & performed to prepare you for the full Tai Chi experience. Great class to take during your lunch break!

**Tai Chi** A no-impact exercise class incorporating posture, relaxed deep breathing, and flowing movement that promotes mental and physical well-being. Tai Chi can be effectively learned and practiced by people of almost any age and physical ability. All levels are welcome.

**Turbo Kick** Its unique techniques work together to give YOU the ultimate cardio workout that will help decrease fat and reshape your body! Each workout consists of a warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/ endurance training and a nice cool-down.

**Zumba** A dynamic, exciting, workout done to a high-energy fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Join the party to see what all the hype is about!

**Zumba Toning** Blend body-sculpting techniques and Zumba moves to enhance rhythm, build strength and tone all the target zones.

**Aqua Energy** This class builds Cardio Energy & Endurance. Cardio Variations and challenging endurance exercises strengthen your lungs, heart & your body – Get Energized!

**Aqua Fitness** Enjoy a warm pool, improve joint flexibility, reduce stiffness and pain. Increased muscle strength, coordination, endurance, stretching, and aerobic workout are included in this great total body workout!

**Aqua Power** Take your aqua experience to the next level! Interval training and conditioning against the natural resistance of the water. Additional weights may be used to increase the intensity- Feel the Power!

**Aqua Zumba** This class integrates Zumba into traditional aqua fitness. The movements are challenging and work against the water resistance. Shake, shuffle, kick, twist and clap your way to an energized new you!

**Deep H2O** Join us for a deep-water workout utilizing buoyancy cuffs and barbells to improve muscle tone & strength conditioning. Equipment is provided.