

Group Fitness Class Descriptions – Winter 2008

Aquajog

Exercise aerobically without impact! *This deep water class uses noodles, kickboards, and other floatation devices for a well-rounded workout, suitable for ALL fitness levels. Duration 45 minutes.*

Aguacise

This shallow water class emphasizes muscle toning and endurance without stress on the legs or back. *It's a low impact workout is suitable for all fitness levels, especially beginners! Water shoes are recommended. Duration 45 minutes.*

Aquaflex (Senior Water Exercise)

Warm water flexibility exercises to enhance range of motion will leave you feeling rejuvenated. *It's also a great opportunity to make new friends! Duration 45 minutes.*

Power H₂O

Exercise in shallow AND deep water! *Traditional water aerobics is combined with deep-water aerobics, strength training, and core toning. Water shoes are recommended and buoyancy aids are available. Duration 1 hour.*

Circuit Training

Timed segments of strength training and cardiovascular conditioning make up this high-energy class. *Focus is on correct form and exercising at the proper intensity. Core training and flexibility are also included. Duration 1 hour.*

Intervalcity

Enjoy the benefits of step aerobics mixed with high energy traditional aerobics in this appealing combo class. *Each step segment is interspersed with either calisthenics, kickboxing, or a dance segment. A great cardio workout is guaranteed. Duration 1 hour.*

Powersculpt

Increase muscular strength and endurance. *Resistance training in this class targets all major muscle groups. Improve your muscle definition to create a leaner looking physique! Duration 1 hour.*

Core Ball Conditioning

Have a ball with strength training and core conditioning! *Learn to use your abs and low back with a stability ball and hand weights. Bring your own ball or borrow one of ours and build a stronger body. Duration 1 hour.*

Y Cycle

All fitness levels welcome, including beginners! *Our indoor cycling program combines a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. Duration 45 minutes. Lunchtime Express classes are 30 minutes.*

Cycle & Sculpt Combo

It's a combo class consisting of 30 minutes of cycle and 30 minutes of sculpting in the Mind/Body Room. *Come early for this one, though. Class size is limited to 11 participants. Try it!*

Beginners Y Cycle

New! Now is the time to try group cycling in this instructive, low intensity class. *No more excuses: Start cycling today! Duration 1 hour.*

Senior Strength

Welcome, older adults, to a class designed just for you! *Learn how to improve your bone density with the use of hand weights or tubing. Our specially trained instructors will help you feel stronger and more confident. Duration 45 minutes.*

Cardio Kickboxing

Get fit with moves taken from the martial arts and traditional aerobics! *Format includes a variety of punches, kicks, and conditioning for a full-body workout. Duration 1 hour.*

Step Intervals

Everyone can participate in this fun step aerobics class! *Choose your own intensity by adjusting the height of your step to suit your fitness level. It's a great all-around workout! Duration 1 hour.*

Pilates/Power Pilates

These popular classes include special core conditioning exercises and stretching for a super workout. *Pilates teaches body awareness, good posture and easy graceful movement. Duration 45 minutes. Power Pilates also involves the use of light weights. Duration 1 hour.*

Yoga

Body and mind function together in harmony. *You will learn to relax as you become stronger and more flexible in a soothing environment. Duration 1 hour.*

Tai Chi

Learn the graceful short form of Tai Chi, which consists of nine flowing movements. *Focus is on the essence of all Tai Chi through combining gentle, meditative movement, and whole body breathing. Allow yourself to experience the profound health benefits of this short daily practice. Duration 1 hour.*

Resistance Run

Looking for a challenge? *This class involves a series of running and resistance training using tubes and body weight. Beginners and Advanced classes offered. Class meets in the field house for 1 hour.*

All classes are taught by qualified instructors and are suitable for ALL fitness levels!