

Group Exercise Class Descriptions



Low intensity ☺

Moderate intensity ☺☺

High intensity ☺☺☺



Silver Sneakers

-SilverSneakers® - Cardio Circuit- Non-impact standing choreography alternated with safe, fun and effective exercises for upper body strength work. Chair for standing support "head to toe" stretch and complete relaxation in a comfortable position.☺

-SilverSneakers® - Muscular Strength & Range of Movement (ROM)-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and ball are offered for resistance; and a chair is used for seated and/or standing support. ☺

Cardio

-Beginning Zumba- A fun Latin based dance class for those who are interested in learning low impact dance movements without the intense cardio workout. ☺

-Cycle - Indoor cycling fun...BIG cardio workout that challenges both your aerobic and anaerobic energy systems and builds muscular power and endurance. ☺☺☺

-Hip Hop Dance-If you like to dance, learn choreography, and get a great cardio workout this is the lass for you. ☺

-Kick'n Strength- Gives you a great cardio workout. Also focuses on strength training. Includes punching and kickboxing techniques.☺

-Step Mix- The class can be geared to the member's skill level. A mixture of basic movements, with a touch of intermediate to advance moves.☺☺

-TurboKick- Kickboxing at its best. Choreographed to music. High energy cardio workout.☺☺

-Zumba - Dance away your worries with motivating, high-energy music and unique Latin style choreography. ☺☺

-Walk it Off-Come and enjoy a fast pace walking group outside for the summer. Class will include speed walking, interval walking, and toning exercises while we walk. ☺☺

Muscle Conditioning

-Core- Core conditioning class primarily focuses on the abdominal and back.☺☺☺

-CSI/Core- This class will utilize a wide variety of equipment with athletic based drills and skills. A great high intensity workout with cardio and strength all in one. ☺☺☺

-Group Strength- Muscle conditioning workout that builds muscular strength and endurance. ☺

-Powercut - Join us for this mix of cardio and toning exercises designed to get your heart pumping while working a variety of muscle groups. ☺☺

Spirit, Mind and Body

-Belly Dance- Joyful, creative, and empowering art. Combines isolated movements of expression with muscle control to tighten, tone, and shape the body, while providing a low-impact aerobic workout. No previous dance experience necessary! ☺

-Gentle Stretch Yoga-Focusing on a more gentle yoga flow series to reduce stress and achieve a peaceful & relaxed state of mind and body.☺

-Just Breathe-Relax and rejuvenate through meditation and gentle stretching. ☺

-Pilates - Work to perfect your alignment and posture as you strengthen your core muscles. ☺☺

Pilates Mix- Work to perfect your alignment and posture as you strengthen your core muscles utilizing Pilates props. ☺

-Power Qigong- A more dynamic Qigong for with a focus on core and lower body strength and the building of "Internal Power". ☺☺

-Qigong- Gentle movement, deep breathing, self-applied massage techniques and meditation help to stimulate the body's ability to heal itself. Excellent for improving range of motion, flexibility, balance and reducing effects of stress.☺

-Tai Chi- An ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures.☺

-Yoga- A "mind, body" class involving slow movements and "postures". Develops discipline, strength, balance and flexibility.☺☺

-Yoga Mix- Slower paced yoga class with a variety of movements to improve flexibility, strength, balance, improve the mind/body connection.☺

-Yoga/Pilates-This class combines movements of Yoga and Pilates into one great class. ☺

Water Classes

-Deep Water- This class is limited to the deep end of the pool. Increases buoyancy, increase resistance, and decrease stability requiring the core muscles to work harder.☺

-Raging Water Level 2- Using the resistance of the current pool, you'll notice and increase need to work on your core. Focus on balance and increase your intensity.☺☺

-Water Yoga/Pilates- Using yoga and pilates techniques you'll notice an increased workout on your core, as well as balance, strength and intensity☺

-Water Intervals- Focuses on cardio and strength.☺

-Water Works- A cardio and strength workout in the shallow end of the pool. ☺

-Splish Splash Cardio Dance- A great cardio dance class in the water at Silver Lake Pool. *Extra fee applies. See a member of the Welcome Center. ☺

- All classes begin with a warm up and end with a cool down and stretching. Most classes include abdominal work. Please make the instructor aware of any physical limitations you may have before the class. Remember to pace yourself and stay at your own level. Don't forget to drink plenty of water. Regular physical activity is necessary to develop and improve all components of fitness: cardiovascular, muscular endurance, strength, and flexibility.
- Classes are open to individuals 13 years of age and older. Athletic shoes and clothing are required.

