

# CLASS DESCRIPTIONS

## POOL

**Aqua Cardio:** This energizing class in the water will elevate your heart rate improving cardiovascular strength & endurance.

**Aqua Fitness:** A fun & effective way to train the cardiovascular system & improve muscle tone in the water.

**Aqua Sculpt:** Using the water as resistance, participants will strengthen & tone their bodies in this invigorating water workout! Equipment may be used.

**Intro to Masters Swim:** An entry level to our Masters class designed for the beginner wishing to improve technique and swimming ability.

**Masters Swim:** This class will refine our swimmers' techniques, strategies & training methods. This class is perfect for cross-training, improving your swimming ability, & train for a triathlon.

**Water Running:** A total body cardio workout done in the water. Perfect for runners, triathletes, & all fitness enthusiasts.

## MIND-BODY-CORE

**Core Fusion:** This class is a great compliment to your workout. Improving pelvic stability & one's overall flexibility are great ways to improve muscle endurance, strength & power.

**Flow Yoga:** Flow yoga unites & balances mind, body & spirit through naturally flowing postures, breath & meditation. Balancing physical challenge with relaxation & release of tension.

**Hatha Yoga:** Classical Hatha Yoga uses postures (Asana), conscious breathing (pranayama) and mental focus to develop awareness, strength, flexibility & relaxation.

**Hot Yoga:** In a safely heated room this challenging yoga class synchronizes breath with movement to purify and strengthen body and mind.

**High Performance Yoga:** A challenging and athletic based class designed to strengthen, increase endurance and flexibility.

**Pilates Fusion:** A challenging total body conditioning class combining pilates and yoga. **Not recommended for beginners.**

**Pilates 1-2:** A perfect introduction to pilates that will strengthen your foundation and prepare you for more advanced classes.

**Tai Chi:** Tai Chi can be thought of as a moving form of yoga and meditation combined. Great for improving one's balance, coordination, strength and endurance.

**Core Bootcamp:** This Core based workout combines total body conditioning with a focus on alignment, technique and muscular endurance.

## CARDIO AND MUSCLE CONDITIONING

**Cardio Pump:** A sensational cardiovascular & muscle conditioning low impact workout, designed for all levels. You will leave this class feeling energized, stronger, burns tons of calories & reshapes your entire body.

**Total Body:** Using flex bands and light weights this work out will challenge balance & coordination, increase strength & awareness to perform everyday activities with ease.

**Gentle Fit:** A low impact class but never low intensity! Take it high or low in this cardio & weights class at your own personal intensity.

**Muscle Conditioning:** Join this 60-minute class to strengthen your major muscle groups using free weights, body bar & a step. Research has proven that muscle mass will rev up your metabolism & enable your body to burn more calories at rest. Feel the "power" of working out with weights.

**Cardio Kick box:** A total body endurance workout that packs a punch!

**Zumba:** Zumba fuses hypnotic latin rhythms & easy to follow moves featuring interval training sessions where fast & slow rhythms, resistance training is combined to tone & sculpt your body while burning fat.

## CYCLING

**Spinning:** Our indoor spinning classes will challenge you and make you sweat! Burn up to 500 calories per class!!!

**Cycle Challenge:** This class will challenge your strength, will and endurance. Join in for the optimal ride experience! If you are an avid road cyclist this class is for you

NEW TO THE CLUB?  
NEVER EXERCISED IN A CLASS BEFORE?

CONTACT YOUR  
GROUP EXERCISE DIRECTOR  
**STEPHANIE GOODMAN** at  
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TO GET YOU STARTED IN  
ONE OF OUR CLASSES