

**ARTHRITIS AQUATICS (AA)** - Specially designed exercises and gentle movements conducted in our warm water pool to help in reducing pain and stiffness. The program was developed by the Arthritis Foundation.

**AQUA FLOW (60+)** - A low/no impact class consisting of stretching, toning, and range of motion exercise conducted in our warm water pool. This class focuses on meeting the unique and physiological needs of aging participants

**"BONE" STRONG & HEALTHY** – Resistance training targeted for building up bones. An excellent class for those with osteoporosis. This class uses familiar exercises in new and innovative ways to create a fun filled workout and still target the bones you need to be strong and healthy.

**CARDIO XTRAINING** - Reap the benefits of interval training at it's finest. Cardio drills combined with endurance resistance training lead to quick results and great health benefits. Exercises are easily adapted to your fitness level.

**CUT N' TONE** – Arms, chest, back and hips, buns and thighs – this is your expressway to strengthening those muscles. Barbells, dumbbells and body weight assist you to gain in strength and lose body inches from your arms, stomach and thighs.

**CYCLE** – Work out on high quality Star Trac cycles. Varying intensity for burning fat and calories adds the element of interval training. Cycle is a great class to help you make the improvements you are looking for.

**DIETARY GUIDANCE GROUP** – For weight loss. Bring paper and pen to learn how to stop battling food. Learn what, when and how much food to eat. We will help you know proteins, carbohydrates, fats, fiber, dairy and calories and how to make them work for you for a healthy, energetic feeling body. Monthly topics of focus will be posted.

**HEALTHY HEART CONDITIONING + ABS**- A workout designed to work on your cardiovascular fitness. Many elements apply when it comes to Heart Health and this class uses them all. A variety of training methods are used to keep your body from hitting a plateau. Abs work is targeted as well, building up your core.

**H2O CIRCUIT** – Enjoy a class in the water that includes both cardio and strength elements. Challenge yourself in a no-impact environment to protect the joints and benefit from the strengthen aspect for those same joints. A fun filled class with that wow factor for results.

**PILATES MAT**– Learn core strength and stabilization. Form and technique along with proper execution will help you progress to having strong back, buttock and abdominal muscles.

**QI GONG** – A variation of T'ai Chi that focuses on movements to increase stability and core strength. Qi Gong helps to heal the mind and body as it focuses on flexibility, breathing and stress relief. Studied long term benefits are increased strength, improved cardiovascular fitness and aids in reducing blood pressure.

**SIMPLY CIRCUIT**- Workout with a trainer helping with form and proper movement. Learn to use equipment correctly and target your cardiovascular fitness. This simple workout is effective and enjoyable. Come and see the results yourself.

**T'AI CHI** - One of the oldest group exercise forms on the planet. T'ai Chi is a link of unchanging "forms" that have passed through centuries of tradition. You will learn how to feel more invigorated, more energized and more balanced practicing the Yang 24 Short Form T'ai Chi.

**WATER AEROBICS (H2O)** - A low/no impact class consisting of stretching, toning and a range of motion exercises conducted in our warm water pool. This helps with muscle balance, flexibility, and cardiovascular endurance.

**YOGA**- A relaxation class that strengthens muscles. Techniques taught include breathing, proper body alignment and clarity of mind. Monthly rotation of area of focus will be posted.