FITNESS CLASS DESCRIPTIONS

**BOXING**  This class teaches basic boxing skills and techniques and is designed to increase muscular strength and cardio endurance. All classes use heavy bags and gloves. There is no sparring (one on one fighting).  Moderate to Advance Fitness.

**CARDIO & STRENGTH INTERVAL**  Using strength and cardio moves with high energy interval bursts, this class is a full body workout!  All Fitness levels.

**DANCE STRETCH**  Gentle strengthening and stretching incorporated with basic dance movements. All levels welcome!

**HIIT** (High Intensity Interval Training) A total body, aerobic and strength conditioning workout. This interval-based class combines strength training exercises with high intensity cardio bursts designed to tone your body and improve your endurance in 30 minutes!  Moderate to Advance Fitness levels.

**PILATES**  This class improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.  All Fitness levels.

**POUND**  If you’ve dreamed of channeling your inner rock star into a fitness plan, it’s time to POUND. Created by two female drummers, the POUND workout fuses cardio interval training with drumming to provide a challenging, heart-pumping workout.  All Fitness levels.

**TAI CHI**  A Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance

**TOTAL BODY CONDITIONING**  exercise your body in all aspects; strength, cardio, flexibility, balance, agility, speed; the total package.  All Fitness levels.

**YOGA**  Feel calm and rejuvenated with meditation, breathing techniques, balance, and gentle stretching to strengthen the muscles and relieve stress.  All Fitness levels.

**ZUMBA**  Ditch the Workout and Join the Party!!  Zumba is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party!  All Fitness levels.

**AQUA DEEP**  Water exercises that emphasize strength, endurance, and flexibility and are performed in the deep end of the pool.  These are no impact but high intensity exercises.  No swimming skills required but a floatation device must be worn.  Participants may also perform the workout in the shallow water if preferred.

**AQUA FITNESS**  Take your workout to the pool!  Get a high intensity yet low impact workout using the properties of water.  No swimming skills needed.  All fitness levels.

**AQUA FUSION**  This workout is a combination of steady state and high intensity interval training.  All fitness levels.

**AQUA MIX**  A variety of formats. Some exercises may be performed in the deep end.  All Fitness levels.

**AQUA SURPRISE**  Format will be different each week.  Intervals, drills, choreography, dance, power, the it’s always something different!

**AQUA THAIFIT**  A mixture of martial arts, boxing, and kickboxing in the water.  Heavy bags are used in the water as targets.  Moderate to Advanced Fitness level.

**AQUA YOGA CHALLENGE**  Use yoga poses and power moves in the aquatic environment to challenge your balance, your core strength, your flexibility, and your focus.  All fitness levels.

**PICKLEBALL**  A paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net.