

## Land Class Descriptions

### **Silver Sneakers**

Music and workout especially designed to meet the needs of mature and/or physically challenged adults. Build muscular strength and endurance with the assistance of chairs, resistance bands and balls, hand-held weights and your own body weight. Working out to the beat of music postpones Alzheimer's, and keeps the mind sharp!

Benefits: improve coordination, posture, muscular and joint strength, balance and fall prevention.

### **Yoga**

A class designed to help you improve strength, flexibility, balance, posture & reduce stress.

### **Les Mills BODYPUMP \$2 for Members/\$10 non-members. Punch cards available**

This is the original barbell class with weights that strengthens your entire body. BODYPUMP is designed to improve strength and endurance in the major muscle groups, in doing so, burn up to 600 calories per 1 hour class. *Must be 15 yrs. or older*

**BODYPUMP Express** - 30 minute Body Pump class perfect for those in a hurry.

### **Cardio/Pump**

This modified Boot Camp includes medium intensity cardio and focuses on muscle development and cardio and strength endurance.

### **\*Spinning**

An indoor workout with outdoor fun! This class focuses on lower body strength and endurance, added hand-weights for the upper body. *\*Must be 15 yrs. or older.*

### **\*Les Mills RPM**

This class is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. *\*Must be 15 yrs. or older.*

**Les Mills RPM Express** - 30 minute class with all of the RPM benefits perfect for those in a hurry

### **Les Mills BodyFlow**

An athletic blend of Yoga, Tai Chi, and Pilates, this class is designed to improve joint flexibility and range of motion, increase core strength, reduce stress levels and leave you with a sense of well-being.

### **Cardio Pump**

A boot-camp style class focusing on strength and cardio endurance. A high energy class perfect for a total body work out

### **A.B.S. Class - Abdominals-Back-Strength**

20-minute class exclusively to strengthen the abdominal and back muscles

### **Zumba**

This class fuses Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Routines feature interval training sessions where fast and slow rhythms are combined to give you a great workout burning more calories effectively.

### **Zumba Gold**

This class takes the Zumba formula and modifies the moves and pacing to suit the needs of active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

### **Zumba Toning**

This workout takes the thrill of the fitness-party for cardio and partners it with strength exercise.

### **Mid-Morning Cardio**

Low-impact floor cardio. This class is for anyone who wants the benefits of an aerobic workout minus the "bounce" or impact. Includes light toning and stretch. Working out to the beat of music postpones Alzheimer's, and keeps the mind sharp! Benefits: Burn calories, improve cardio-vascular health, posture, coordination and circulation, balance and fall prevention.

### **Pilates**

Improve flexibility and posture, build strength and develop control while doing exercises in conjunction with the breath. Pilates evenly works the muscles which decreases the risk of injury and pain after exercising or any activity you may be doing. You'll leave class feeling energized and renewed. All levels welcome.

### **Core to Floor**

Tone your core and trim your glutes and thighs with this fun and creative workout! We'll use light weights, stability balls, body weight exercises and some fun low to medium impact cardio exercises. All levels welcome.

### **Power Yoga**

This class will focus on the strengthening poses of yoga. While toning muscles and increasing strength, you'll also be improving balance, flexibility and endurance. We'll work up a sweat but, leave feeling pretty sweet! All levels welcome with some experience with yoga or exercise suggested.