



GROUP EXERCISE CLASS DESCRIPTIONS

MIND/BODY

CARDIO

STRENGTH

DANCE

ACTIVE OLDER
ADULTS

SPIN®

Y-B Fit – A full body workout for all fitness levels with a focus on flexibility and strength.

Silver Sneakers Classic – Have fun and move to the music through exercises designed to increase strength, range of motion and activities of daily living.

Walking Group – Enjoy a nice walk at Coffee Creek and enjoy the scenery and beauty the park has to offer.

Barre – A ballet inspired fitness class incorporating a ballet barre, some plies and light weights united together to give a full body workout. A focus on alignment and posture while enhancing coordination, balance and overall strength.

BODYPUMP® – A fast-paced, barbell-based workout specifically designed to get you lean, toned and fit. This strength class is choreographed to music using light to moderate weights with lots of repetition. Modifications shown for all fitness levels, BODYPUMP is a total body strength workout that burns up to 540 calories.

Line Dancing – This class teaches 32 count dances great for wedding receptions and parties. Class meets weekly and add new dances are introduced every few weeks while reviewing the previous dances.

Zumba – Choreographed routines set to International music and rhythms. From Hip Hop to Salsa and much more.

Cardio Dance – A cardio dance class set to choreographed routines by today's top artists.

Spin Express – Looking to get in and get your workout done, this 30 minute cycling class is for you. Set to a great playlist to motivate you through your workout and improve your cardiovascular strength while burning some serious calories.

Spin – Increase your strength and endurance through this 45 minute cycle class. Get your heart pumping through a series of hills, intervals and sprints set to motivating

Tabata – A high intensity intervals with 20 seconds of all out work followed by 10 seconds of rest, repeated 6-9 times.

Total Body Blast – A full body workout that will get your heart pumping while challenging your strength and cardio ability.

TurboKick – A high intensity, fast paced workout predesigned using martial arts and kickboxing moves

Cardio Core and More – Quick, high intensity bursts of exercise with limited recovery time to improve speed, maximize caloric burn and challenge yourself.

Yoga – Basic yoga postures and specific breath flow. Breathing techniques will further enhance the yoga practice.

Hatha Yoga – Improve flexibility, balance and strength. Positions may be held longer than a minute.