

## Bethlehem Group Exercise Class Descriptions

### AQUA CLASSES

**AQUA ARTHRITIS** - This class is a warm water exercise program designed for individuals with arthritis and related conditions, focusing on improving mobility, strength, and overall well-being through low impact aquatic exercises.

**AQUA BLAST** - is a high-energy, water-based workout designed to boost strength, endurance, and cardiovascular fitness. Whether you're looking to tone muscles, improve flexibility, or increase stamina, Aqua Blast delivers a challenging yet fun workout.

**AQUA FITNESS** - | Aqua Fitness is a fun and effective workout that targets the entire body. This low-impact class uses the natural resistance of water to strengthen muscles, improve cardiovascular health, and enhance flexibility, all while being gentle on the joints.

**AQUA HYDRO** - Aqua Hydro is an advanced water-based fitness class designed to push your strength, endurance, and agility to new heights. Using the natural resistance of water, this high-intensity workout targets all muscle groups, offering a full-body conditioning experience.

### LAND CLASSES

**AOA FITNESS** - Focuses on strengthening muscles and increasing range of movement for daily life activities. Class will use a variety of exercise equipment including hand weights and bands. A chair is used for seated exercises or standing support.

**AOA YOGA** - This class will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**BARRE FUSION** - This class combines the best of Barre adding in elements of Pilates, yoga, dance and more. This class was created with a focus on fine-tuning your muscles.

**CYCLE** - Our instructors will take you on a journey that includes standing and endurance rides, hills, climbs, intervals and sprints.

**BELLY DANCE** - Whether you're a beginner or experienced dancer, Belly Dance provides a fun and empowering way to connect with your body, express yourself, and increase confidence. It's an energizing workout that helps improve posture, tone muscles, and promotes mindfulness through movement. Join us for a journey into the world of rhythm, culture, and elegance!

**HIIT** - Exhilarating high intensity interval training class designed to push your limits and transform your body. Combines innovative techniques to deliver a heart pounding, results driven experience!

**LOW IMPACT TOTAL BODY** - This low impact total body conditioning class will build muscle and cardio endurance and is easy on the joints.

**TOTAL BODY STRENGTH** - This class is designed to challenge and transform your entire body! This dynamic workout combines compound movements and functional exercises to engage all major muscle groups, enhancing strength, stability, and endurance.

**YOGA** | Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility.

**ZUMBA®** - A calorie-torching, heart racing, muscle pumping fitness dance party set to energizing music. No rhythm needed!

