

Slate Belt Group Exercise Class Descriptions

AQUA CLASSES

AQUACISE - This is an all over, cardio, toning, muscle conditioning class, incorporating stretching and range of motion movements. The goal is health and fitness using the multi-directional resistance of water. This is a great class for all ages and fitness levels.

AQUA DEEP WATER - This low impact class is performed in deeper water and designed to improve joint stability, coordination, heart health and strength. This class will incorporate cardio and strength, using water dumbbells and flotation devices.

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.

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.

CARDIO DANCE - Get ready to groove and sweat in our cardio dance class! This high-energy workout combines fun, easy-to-follow dance moves with heart-pumping cardio to burn calories, improve endurance, and lift your mood.

CARDIO DRUMMING - Cardio Drumming is a fun, brain and body wellness class which combines rhythmical drumming and movement with fitness. Each class is uniquely designed to energize and motivate your fitness routine with fitness balls and drumsticks. No experience required.

CHAIR YOGA - A gentle style of yoga that is practiced in a chair or standing using the chair for support. Great for everyone, as it deepens flexibility, strengthens personal body awareness, and incorporates yoga breathing exercises

COUNTRY LINE DANCE FITNESS - Get ready to kick up your heels and have fun with our Country Line Dancing class! Whether you're a seasoned dancer or a complete beginner, this class will teach you the steps to popular country songs while getting your heart pumping and your feet moving.

CIRCUIT | A fast paced circuit style class uses various equipment that will increase muscular endurance, increase metabolism, and challenge you in ways you didn't know were possible.

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

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!

LIIT | Less intense than a HIIT workout but still provides you with all the benefits! This class will build endurance and strengthen the body with low impact interval sequences combined with body weight training exercises.

LOW IMPACT AEROBICS | Moderate paced, lower-impact workout emphasizing cardiovascular endurance, coordination and range of motion.

MUSCLE MAX This class will challenge your muscular strength, endurance and stamina. A variety of

strength training techniques will be utilized to challenge your entire body. Muscle Max will boost your metabolism by helping you increase lean muscle mass.

RANGE OF MOTION & STRENGTH - This class is specifically designed for older adults looking to improve their flexibility, strength, and overall functional mobility. This class focuses on gentle exercises to enhance joint mobility, build strength, and improve balance, all while promoting a healthy, active lifestyle.

SOUL FUSION - a high intensity/low impact workout that uses a creative blend of yoga inspired flows, cardio bursts, balance sequences and strength training exercises driven by music.

STRETCH & CORE - Dynamic stretching and strengthening exercises to increase your overall flexibility and improve your core strength.

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!