BARRE+
Ages 16 and older
Don’t worry, you don’t need to wear a tutu! This is a fun hybrid class, a mixture of Barre fitness and Pilates, that improves balance and flexibility. In this class you’ll burn calories and build lean muscle without high impact movements.
58471 Dec. 6–27
• Tue., noon–1 p.m.
• $13 ($10 Resident)

PILATES
Ages 16 and older
Low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.
58475 Dec. 1–29
• Thu., 10:30–11:30 a.m.
• $31 ($25 Resident)

HATHA YOGA
Ages 16 and older
Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened and energized. Stress reduction and breathing techniques are used for total wellness.
58456 Dec. 5–19
• Mon., 9–10 a.m.
• $19 ($15 Resident)
58469 Dec. 7–28
• Wed., 9–10 a.m.
• $25 ($20 Resident)

YOGA FLOW
Ages 16 and older
This yoga class incorporates some arm balances, deeper backbends, standing and seated postures, with a strong focus on the power of breath awareness. Props and modifications may be offered for proper alignment and ease in the postures. This class is geared toward the seasoned beginner.
58462 Dec. 5–19
• Mon., 6–7 p.m.
• $19 ($15 Resident)
58458 Dec. 3–17
• Sat., 8:15–9:15 a.m.
• $19 ($15 Resident)

ZUMBA
Ages 16 and older
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.
58474 Dec. 3–17
• Sat., 10–11 a.m.
• $10 ($8 Resident)

POP and ZUMBA
Ages 16 and older
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.
58460 Dec. 7–28
• Wed., 5:30–6:30 p.m.
• $13 ($10 Resident)
DROP-IN CLASSES
(Included with Membership)

LUNCH EXPRESS
BOOTCAMP
Ages 16 and older
This 45-minute express class focuses on high-intensity interval training. It is a total body workout meant to get that heart rate up and muscles firing.
• Mon., noon–12:45 p.m.
• Wed., noon–12:45 p.m.
• Fri., noon–12:45 p.m.

CHAIR YOGA
Ages 16 and older
Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.
• Tue., 10:15 a.m.–11:15 a.m.
• Thu., 10:15 a.m.–11:15 a.m.

SILVERSNEAKERS
CLASSIC
Age 50 and older
This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.
• Mon., 11 a.m.–noon
• Tue. and Thu., 9–10 a.m.

SILVERSNEAKERS
CIRCUIT
Age 50 and older
Moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, resistance bands, and a SilverSneakers ball, and chair are used.
• Fri., 9–10 a.m.

BARBELL BLAST
Ages 16 and older
Focusing on barbells and free weights this class will challenge your strength while elevating your cardiovascular fitness. This class will hit upper body, lower body, and core.
• Tue., 6–7 p.m.

BOOTCAMP
Ages 16 and older
Full body workout with a mix of exercises. This motivational class will challenge you to increase intensity and level of fitness. You will tighten, tone, build strength, and endurance.
• Thu., 6–7 p.m.

XTREME HIP HOP
FITNESS/AEROBICS
Ages 16 and older
Energetic aerobic workout and cardio fitness experience that uses a step board to perform choreographed steps as you move to hip-hop music.
• Sat., 11:15 a.m.–12:15 p.m

REB3L GROOVE
Ages 16 and older
REB3L GROOVE fuses hard hitting choreography with HIIT mechanics and powerful music, resulting in a high intensity, bootcamp style dance fitness format. It is sexy...redefined. All fitness levels are welcome, no dance experience is needed. You will leave feeling inspired, motivated, strong and empowered.
• Mon., 5–6 p.m.

REB3L STRENGTH
Ages 16 and older
REB3L STRENGTH is choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight and minimal equipment. Break out of your boring gym routine. Strong is sexy...redefined.
• Mon., 6–7 p.m.
• Wed., 5–6 p.m.

ZUMBA GOLD
Ages 50 and older
All the fun of ZUMBA in an easy to follow format lasting 45 – 50 minutes. This class will focus on co-ordination and balance as well as range of motion. Come ready to sweat and prepare to leave HAPPY!
• Wed., 9–10 a.m.

GLOBAL DANCE BEAT
Ages 16 and older
An UPBEAT cardio experience, combining dance and drumming with squats and lunges targeting thighs, glutes, core and more!!
• Thu., 5–5:45 p.m.

STRETCH & RELAX
THE EVENT
Ages 16 & older
Breathing and Stretching and resetting for the holidays. Learn techniques that make muscles and joints happy! Relax your body and relax your mind.
Requirements: Mat and water
• Fri., Dec. 2, 5:30–6:30 p.m.