BARRE+
Ages 16 & 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.
54191 Oct. 4–25
• Tue., noon–1 p.m.
• $13 ($10 Resident)

PILATES
Ages 16 & older
Low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.
54178 Oct. 6–27
• Thu., 10:30–11:30 a.m
• $25 ($20 Resident)

HATHA YOGA
Ages 16 & older
Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened & energized. Stress reduction & breathing techniques are used for total wellness.
54183 Oct. 3–31*
• Mon., 9–10 a.m.
• $31 ($25 Resident)*
54180 Oct. 3–26
• Wed., 9–10 a.m.
• $25 ($20 Resident)

YOGA FLOW
Ages 16 & 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.
54175 Oct. 3–31
• Mon., 6–7 p.m.
• $25 ($20 Resident)
54185 Oct. 1–29
• Sat., 8:15–9:15 a.m.
• $31 ($25 Resident)

ZUMBA
Ages 16 & older
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.
54176 Oct. 1–29
• Sat., 10–11 a.m.
• $16 ($13 Resident)

POP & ZUMBA
Ages 16 & older
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.
50465 June 1 – 29
• Wed., 5:30 – 6:30 pm
• $16 ($13 Resident)
LUNCH EXPRESS BOOTCAMP
Ages 16 & 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 & muscles firing.
- Mon., noon–12:45 p.m.
- Wed., noon–12:45 p.m.
- Fri., noon–12:45 p.m.

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

SILVERSNEAKERS CLASSIC
Ages 16 & older
This class focuses on strengthening muscles & increasing range of movement for daily life activities. Participants can use hand held weights, elastic tubing with handles & a SilverSneakers ball. Often a chair is used for seated exercises or standing support.
- Mon., 11 a.m–noon
- Tue. & Thu., 9–10 a.m.

SILVERSNEAKERS CIRCUIT
Age 50 & 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 & older
Focusing on barbells & free weights this class will challenge your strength while elevating your cardiovascular fitness. This class will hit upper body, lower body, & core.
- Tue., 6-7 p.m.

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

XTREME HIP HOP FITNESS/AEROBICS
Ages 16 & 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 & 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 & 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 & 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 & 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.