

GENERAL FITNESS CLASS DESCRIPTIONS

LEVEL OF PHYSICAL CHALLENGES

LEVEL 1: LESS STRENUOUS

LEVEL 2: MODERATE

LEVEL 3: MORE CHALLENGING

CHAIR FIT:	Level 1 – Exercise while standing or sitting in a chair; includes use of weights, stretching and some mild aerobics exercise focusing on core body strength.
MEDITATION:	Level 1 – Practices that include technique designed to promote relaxation and build internal energy or life force.
NIA:	All Levels – Non-impact, cardio dance, fusion fitness, and movements practices incorporating the dance arts and martial arts.
PERSONAL TRAINING:	All Levels – A workout tailored to your individual needs; couples training also available.
TONE IT UP:	All Levels – This class targets all muscle groups using weight and bands. Some stretching and balance work as well. No impact.
20/20/20:	Level 3 – A combination of 20 minutes weight training, 20 minutes cardio/aerobic training And 20 minutes abdominal exercise and stretching.
WATER AEROBICS:	Level 1 & 2 – An 8-9 minute warm-up followed by 30 minutes of straight aerobics exercise and a cool down.
WATER FIT & PILATES:	Level 1 & 2 – Designed to condition the entire body and help increase flexibility, core strength, balance and stability. The exercises created help to achieve maximum movement and assist in maintaining correct body alignment.
YOGA:	Level 1 – System of exercise for gaining bodily or mental control and wellbeing.
ZUMBA GOLD:	Level 3 – Exercise using Afro, Cuban, Salsa & Jazz dance moves.