

## FITNESS CLASS DESCRIPTION

### **Aqua Cardio Blast**

A challenging class that will keep you moving with intense cardio and strength movements using the full benefit of the water's resistance.

### **Functional Strength and Balance**

Functional Training allows our whole body to move with no boundaries in all planes of motion. Functional training strengthens the body in various patterns of movement to mimic real life movements of sport and daily activities. This class incorporates minimal equipment to challenge your body and balance.

Goal: This class is designed to help make everyday activities easier by increasing your balance and strength with both traditional and functional exercises that anyone can do.

Participants: All levels welcome

### **Let It Go Hi/Lo**

Let it go with high- or low-impact aerobics! May include core and balance exercises towards the end of the class.

Goal: Increased cardiovascular and endurance.

Participants: Beginner to advanced level

### **Total Body Training**

This class uses a variety of formats and beats to keep you moving and motivated while improving your overall fitness. By training with free-weights, resistance-bands, and body-weight this quick workout will give you an exciting range of strengthening, stretching, balance and core exercises.

Goal: Improved muscular strength, endurance and cardiovascular endurance.

Participants: All levels

### **Ultimate Conditioning**

Your muscular strength and endurance will be tested in this total body workout!

Goal: Increased cardiovascular endurance, muscular and core strength.

Participants: All levels