

Aerobic Class Descriptions

LAND:

Spinning Classes: Super instructors, awesome music, and visualization, helps you spin your way to a healthier you.

Body Sculpt: Make your body look and feel like it's supposed to. Firm, tone and sculpt using free weights, bands, and stretching. Abs at the end!

Basic Zumba: Is a style of intense dance-aerobics workout with pulsating Latin music.


Yoga Flow: Traditional yoga poses are sequenced together to create a flowing class format which provides a cardio workout, enhances breath capacity, builds strength and endurance, and increases flexibility.

Step Interval: A cardio format using step combinations and high intensity energy bursts to rev up your metabolism and cardiovascular system. Intermediate step choreography plus easy-to-follow step and floor moves will provide a heart pounding workout, plus abs and stretching.

Spinning w/ a Twist: Part of the class you will be spinning while the other half will be burning extra calories by having different toning exercises that will focus on muscle groups and each class will have abdominal training.

Tone 'n' Tighten: Is intervals of strength training to develop and define specific muscle groups: shoulders, back; buttocks, hips; and abs and core.

Aquacise:

 **River Walking (At Nassif Aquatic Center only):** Here is an awesome opportunity for you to walk against the current in our brand new Lazy River! This is a great way to improve your balance and strength in a low-impact setting. No instructor to lead you so feel free to go at your own pace. No pre-registration required, come as you please and stay as long as you like. ~You may want to have a pair of water shoes for this class.

101: This water fitness class is designed to please everyone. All levels welcome, as you may go at any pace you prefer. Water resistance provides muscular strengthening and endurance as well as a great cardiovascular workout. Go easy on yourself or make it a double time session, whatever the case may be, you will find your perfect speed in this class. ~You may want to have a pair of water shoes for this class.

Stretch & Tone: This low impact water fitness class is designed to build and improve strength and flexibility at a calming pace. Great for arthritis and easy on the joints, come stretch and tone your pain away with us! ~You may want to have a pair of water shoes for this class.

 = NEW CLASS