

## ADULT WATER Class Descriptions

**Water classes are excellent for expecting mothers, arthritic individuals and those who want some serious toning!**

**Aqua BOX:** We are bringing kickboxing to the water! Punches & kicks to strengthen your arms and legs while engaging your core and incorporating kick-booty cardio.

**Aqua Fitness:** This is all cardio fun! Use your high energy by moving with intensity. This water exercise class combines a variety of cardio & some resistance activities.

**Aqua Noodle Workout:** This is no basic water exercise class. Use the noodle for balance, pushing, pulling, floating and working your body to more than what you will be feeling.

**Aqua Pilates:** Stretching and toning, but with the resistance of water! This will challenge your body without the sweat!

**Aqua Pump:** Shallow water aerobics that includes 20-30 minutes of medium to high intensity aerobics. Work on your flexibility, abs, shaping and strengthening and not to forget, your heart!

**Aqua Tone:** Serious resistance! You will participate in short cardio segments and awesome resistance exercises for the entire body. You'll use a variety of equipment.

**Arthritis Aquatics:** This class is for those with arthritis, even those who want to work on joint mobility and circulation. You will be working all joints from head to toe in the pool. It's lead by a Certified Instructor from the Arthritis Foundation. Gentle-on-the-joints exercises designed to improve flexibility and muscle tone as well as increasing cardiovascular energy and decreasing arthritis pain.

## ADULT LAND Class Descriptions

**Advance Step:** This class is full of surprises. You will Pinwheel, Double Step and much more. Every class will keep you on your toes. Come to find out the commotion.

**BootCamp:** You don't have to have coordination for this class, just motivation and we'll get you through the rest. Agility, speed and strength will be the building blocks. Get ready because together we'll make it happen.

**BOSU Express:** 30-minutes of intense core strength. Expect to move and sweat. Motivation required, all fitness levels welcome.

**Cardio Kickbox:** Calling all Men and Women! No dancin' here. Combos of punches, kicks, blocks & calisthenics.

**Cardio Combo:** Don't be shy this is a combo of your favorites! You'll be getting that heart-rate up using the step in a workout everyone can follow, we'll help sculpt that body and complete it with fine-tuning core moves!

**Cycle & Sculpt:** Oh yes, you get it all! 30- minutes of cycling and 15 minutes of strength. Don't be shy, come and ride.

**Muscle Max:** Muscle equal Metabolism! Barbells, dumbbells, tubes & fitness balls. You name it if it strengthens your body, we'll be using it.

**Pilates:** Designed for building long, lean muscles. Use your powerhouse for accomplishing strong core movements and transformations.

**Pilates A.M.:** Not only is this class lengthening and strengthening, but we will be closing with yoga invigorating stretches to help you stay alert throughout your day.

**Step I:** Have fun with this class of getting that heart-rate up by stepping with the bench. This is a beginner to moderate level class.

**Step:** What a blast! If you thought Step I worked you, try this level of stepping with the bench. This class is for moderate to advanced steppers!

**Tabada Torque:** Looking for a fantastic change-up in your workout... This is it! 8 Intervals of 20-second all-out intensity exercise followed by 10 seconds of rest. Our change up... 1 minute of exercise in-between each Tabada. This is your newest challenge!

**Yoga:** Relax and re-energize your mind and body through noncompetitive, self-paced series of postures and controlled breathing. This class will help alleviate stress and fatigue, while rejuvenating your mind and body.

**ZUMBA Strength:** Salsa mix with a twist is what you'll get with this cardio-based workout. It mixes Latin and Caribbean dance music, which allows you to get your groove on. You'll close the last 10-minutes of class with hand weights and strength training. Come on and shake your "bon-bon!"

## ADULT CYCLING STUDIO Class Descriptions

**ROAD TRIP has limited space. EVERYONE MUST sign up at Member Services (available up to 30 minutes prior to class & must be on time)**

➤ **If you are new and choose not to come to the Intro to Road Trip, you will need to come early for your proper bike fitting.**

**Cycle & Sculpt:** 30-minutes of cycling and 15 of strength. You get both, cardio and muscle work. This class makes time fly!

**Intro to Road Trip:** This comes highly recommended if you are you new to the bikes, or maybe it's been a while? Don't fret, this 15 minute intro is for you. We'll get you set up and comfortable for the ride. It won't take long. You'll be so glad you came!

**Road Trip:** Move those pedals!!! No coasting here. Join us for indoor cycling at its best!

**Road Trip & Core:** This is your favorite 45-minute class AND 15 minutes more of abs and back!

## ADULT CIRCUIT STUDIO Class Descriptions

**To ensure quality classes, we ask that members be ON TIME!**

**Active Older Adult Strength Training:** This 45-minute class enables older adults to maintain an active and independent lifestyle. Through this program you will be able to improve flexibility, balance, strength and your cardiovascular system.

**Advanced Circuit:** A 45-minute, fast paced, intense workout for those with higher fitness and experience levels.

**Beginner Circuit:** A 45 minute introductory, entry level version of our popular circuit class for those who are unfamiliar with this type of exercise.

**Buns, Legs and Thighs (BLT):** This class is a quick 20-minute class designed to target those trouble areas of the lower body. B.L.T. is designed to be effective and time efficient to easily compliment your current workouts.

**Circuit Class:** A 45-minute class designed to incorporate strength training and cardio through an interval style workout. The final portion of class will also cover core strengthening and flexibility.

**Cardio Core:** Get your body working and revved up! This 30-minute class incorporated cardio with core! This class will leave you breathless.

**Complete Core:** A 20-minute workout focusing on the abdominal and core strength. Class will include mat work, stability and bosu balls. This quick workout will tighten your core to provide strength and stability for daily living!

**DEFINITION:** What does "toned" REALLY mean? It means having DEFINED muscles! This 45-minute workout will use a variety of resistance training exercises with just enough cardio.

**XPLOSION:** 30-minutes of high intensity-functional training. This class is completely different than what you are used to! Come to shock your body and see results.

Please come 10 minutes early to get acquainted with the equipment. You will love it. **There is limited space. EVERYONE MUST sign up at Member Services (available up to 30 minutes prior to class & must be on time)**

**Pre / Postnatal:** Whether you are pregnant or a new mommy, this great, 30-minute workout is for you. We will do resistance and cardio training to meet your needs during these beautiful changing stages in your life! Feel free to bring your baby in his/her stroller to class.

**Tip TOP:** A quick 20-minute class focusing on the upper body using free weights, machines and your own body weight!

**\*\* ADULT Schedule Subject to Change without prior Notice! \*\***

At Family Wellness we welcome members of ALL fitness levels in our classes.

Our qualified instructors and staff are top-notch and will help individuals adjust intensity levels to fit their needs.

