Fitness Class Descriptions

Lower Intensity

**Adapted Zumba**: Lower intensity moves, easy to follow choreography. This class is designed for those with special needs.

**Basic Self Defense**: learn all the basic self defense moves.

**Forever Fit**: A chair based workout designed for active agers or those with limited mobility. A variety of exercises focusing on strength, balance and flexibility. Great for those looking to add or maintain functional fitness in their routine.

**DanceCize**: Full body workout to improve body and mind! Expect fun, cardio dance routines, plus standing/floor exercises to improve flexibility, balance, and strength.

**Forever Fit Yoga**: A chair based yoga class designed for those with limited mobility. Work to improve balance and flexibility so you can move more freely in day to day activities.

**Forever Fit Circuit**: gentle circuit focusing on strength, flexibility and balance. Low impact functional fitness to keep you fit for everyday life.

**Kids Belly Dancing (5+)**: Learn correct postures and muscle control so you can dance, gain confidence and have fun.

**Kids Movement, Music and Yoga (3+)**: Music and physical movement combined with yoga poses/games, breathing, and relaxation exercises which cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills, and improve concentration.

**Kids Run, Jump, Skip (3+)**: Kids will learn physical literacy basics, build strength, balance and coordination through games, songs and FUN! Working through a range of skills geared to all levels.

**Kundalini Yoga & Meditation**: class includes warm-ups, breathing techniques (pranayam), an exercise set (kriya), deep relaxation, chanting, and meditation.

**Youth Shotokan Karate (6+)**: Develop new skills & self confidence in a safe & fun environment that promotes a healthy lifestyle. Parents are welcome to participate.

**Line Dancing**: Great music and lots of fun guaranteed while you enjoy a full mind and body dance. Beginner’s welcome.

Medium Intensity

**Balanced Barre/Express Barre**: Combine balance, agility, & resistance into a challenging, high-energy, music-driven, fun class!

**Cardio Dance/Gold**: Fun, easy to follow dance moves set to high energy international & Top 40 beats. Instructors add their own flare to keep you burning calories & working up a sweat. **Gold**

- Lower intensity, with broken down choreography.

**CycleFit & More**: Cyclefit for half the class with one of the following for the latter half: **Core, Pump** (full body strength exercises), or **Yoga**.

**Group RX-RIP**: A full body barbell workout for participants of all ages and all fitness levels. Choreographed movement and music with traditional strength training moves, makes for a thrilling class setting.

**Pilates**: A method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. This class emphasizes proper postural alignment, core strength and muscle balance.

**Nia/Gentle Nia**: Incorporating dance & yoga moves along with blocks & kicks from martial arts in a fun & expressive way.

**PBS**: Posture, balance & strength. A great class for beginners & seniors. Equipment includes dumbbells, tubing, & balls.

**PBS 2.0**: The next level of PBS training. If you are ready for a little bit more of a challenge this class is for you.

**Roll & Restore** - Re-hydrate your muscles, release soft tissue and fascial tension, enhance recovery and muscle flexibility using foam rolling and yoga techniques.

**Stretch for Health**: Gentle full body stretching to improve flexibility, balance, coordination & body awareness. Combines both standing and mat based movement.

**Wing Chun Kung Fu**: Martial arts that uses superior position & technique to overcome opponents. No previous experience required.

**Yoga**: Focus on improving balance, strength, & flexibility in a relaxed environment. For new & experienced practitioners.

High Intensity

**BootCamp**: Variety of class formats. Push the boundaries of your endurance to reach your fitness & health goals.

**Full Body Blast**: A full body workout featuring a different style of training weekly. Guaranteed to target every part of the body.

**Cardio Core**: a variety of class formats that are specifically designed to train the cardiovascular system and condition the core.

**CycleFit**: Instructor leads riders through a warm-up, drills with hills, speed play & much more, ending with a cool down.

**High Energy Step**: For those who love high energy & challenging routines. Not recommended for beginners.

**Cardio Step Blast & Box**: High Energy Step combined with Cardio Kick Boxing.

**HIIT**: short & intense cardio mixed with strength training to challenge power & endurance.

**Pilates Suspension**: combines traditional and contemporary mat Pilates and equipment-based Pilates exercises and performs them on the suspension trainer. Each PSM exercise is Pilates rooted and is also done in many of the traditional Pilates series.

**TRX**: Each foundational movement helps you perform and progress through a series of stable strength building exercises. No experience necessary.

**Yoga Shred** tm **Inspired**: Combining High Intensity Interval Training (HIIT) with yoga. Short intense burst of activity of HIIT will optimize cardio, raise your metabolism, burn calories, fat and build muscle. Yoga assures safe alignment for joints as well as balance, flexibility, and holistic well-being.