

# Group Exercise Descriptions

## AQUATIC BODY SCULPTING

Low-impact class designed to work the body from head-to-toe by toning and increasing lean body mass.

## AQUATIC PLUS

Improve your overall health with this dynamic

) 8 1 ) , 7 1 ( 6 6  
/ R Z L P S D F W I L W Q H V V I R F X V H G R Q E X L C  
F D U G L R Y D V F X O D U V W U H Q J W K L P S U R Y L

## NEW LIFE ACTIVE ADULT

Engaging strength training, core, development, work on balance, flexibility and stretching. Our students are inspired to challenge themselves

& 2 5 ( ) , 7 1 ( 6 6

: D O W D O I H O W U R Q J F I O D V K I V L W O R X G O R G H  
P X V F O H V P Z K L R S H L Q W X U H R X H K F L W H W U W Q D W  
W I D E G R D B E G D F N P X D E C Q F M I H O H V H E L O L W \

3 2 : ( 5 6 & 8 / 3 7

) X C E G \ Z R Z I L M R I K R V D E L Q D Z H L L R J Q Q F U G L R

## WORLD DANCE JAM

Fun, smooth cardio dance class that targets the core and legs while learning the basic moves to Cuban style salsa, merengue, cha-cha-cha and more! Easy to moderate cardio

## TAI CHI

Chinese martial art emphasizing fluidity, circular motion and a strong base of support. U W L Q W K H O E R G H P Q L D F O X G D P W M E focus.

## YOGA

Based on the Hatha method. Learn specific postures, breathing exercises and meditation to increase flexibility, muscle tone, balance and harmony.

## YOGA FOR ARTHRITIS

Learn specific postures, breathing exercises and meditation to increase flexibility, muscle tone, balance and harmony. Performed in a chair.

## ZUMBA

Latin dance-based, high energy cardio class with resistance training.