*Group fitness classes offered at Adult Fitness are taught for any fitness level through the use of modifications.*

Our **Monday/Tuesday** classes are on a rotating schedule, and consist of Strength, Stretch & Balance, Hi-Low Aerobics, and Low Impact Kick Boxing. These classes are approximately 25 minutes long and begin shortly after warm-up (see warm-up times on the group fitness schedule).

**Strength** is an equipment based class that uses weights, bands, body bars, and more to focus on building strength in all the major muscle groups. This class is meant to increase muscular strength in the adult population, as well as help to improve bone density through resistance training.

**Stretch & Balance** is a relaxation style of class that use equipment such as the Bosu Ball, disks, therabands, and more to improve flexibility and balance while helping to maintain independence in daily tasks.

**Hi-Low Aerobics** is a cardiovascular class involving floor based movements such as the grapevine, v-step, and more. This is a great class to pick your own intensity and to get the best of both worlds. The high impact moves are great for maintaining bone mineral density while low impact moves are easier on the joints. This class offers fun upbeat music to keep you moving!

**Low-Impact Kickboxing** is a cardio workout using common kickboxing moves. It is a fun upbeat class meant to help maintain cardiovascular fitness. It is great for both your heart and is joint friendly. This class offers fun upbeat music to keep you moving!

Our **Wednesday/Thursday Noon** class is Fit-Ball.

**Fit-Ball** (also referred to as a stability ball or swiss ball), focuses on enhancing muscular strength. Other equipment is used in addition to provide a well-rounded, full body workout, hitting you from head to toe. The fit-ball is great for balance, strength, and giving the body a challenge, separate from a traditional workout.

Our **Thursday** evening class is Water Aerobics.

**Water Aerobics** is offered in the pool area by an instructor who provides both cardio and strength workout. Water aerobics provides resistance training with little impact, making it desirable for those individuals who wish to stay active but need lower impact exercises, but don’t want to sacrifice on fitness.

Our **Monday evening/Friday morning** class is Yoga.

**Yoga** class will guide you through 45 minutes of a gentle yoga class, designed to be far less strenuous than other forms of yoga. It is less intense with gentle stretching, to increase flexibility, and mobility. As well as to learn how to relax and de-stress. You may start moving more efficiently by developing a more supple and resilient body. Props such as blocks, straps, and mats can be used to aid in the class and are provided. Gentle yoga is a great beginning yoga class to help get rid of stiff joints and release tension held in by the body.

Another class we offer at varying points in the week is **Zumba**: (set schedule to come!)

**Zumba** features exotic rhythms set to high-energy Latin, international and top 40 beats. Before participants know it, they’re getting fit and their energy levels are soaring! There’s no other fitness class like a Zumba. It’s easy to do, effective and totally exhilarating. You don't have to know how to dance, just move your body, follow along, and enjoy!