

Class Name Instructor	Exercise Type	Intensity	Equipment	Music	Results	Description
Water Walking Marie	Aerobic, Aquatics	Low	Weights, Noodles, Paddles	Oldies		Social, fun, low level cardio
Water Toning Marie	Strength, Aquatics	Low	Weights, Noodles, Paddles	Oldies		Strength and balance workout
Water Aerobics Lori	Aquatics	Low	Noodles, Weights, Bar	Hip-hop, Country		Gentle movement in the water
Chair Yoga Paul	Strength, Mind-Body	Low	Chairs	Instrumental		Yoga exercises modified for seniors
SilverSneakers Classic Marie	Strength, Aerobic	Low	Weights, Bands, Balls	Oldies		Flexibility, balance, brain work, cardio
Line Dancing Jamie	Aerobic	Low	None	Variety		Fun, repetitive, low impact cardio
SilverSplash Marie	Aerobic, Aquatics	Low/Moderate	Weights, Noodles, Paddles, Kickboards	Oldies		Cardio, fun, strength, flexibility, balance
Intermediate Yoga Emily & Rachel	Mind-body	Low/Moderate	Mats, Chairs	Instrumental		Yoga with chair available
Step Aerobics Patti	Aerobic	Low/Moderate	Weights, Steps, Mats	Rock, Hip-Hop, Oldies, Top-40/Pop, Country		Low impact aerobics for beginners
Body Toning Patti	Strength	Low/Moderate	Weights, Bands, Exercise balls, Mats	Rock, Hip-Hop, Oldies, Top-40/Pop, Country		Low impact toning for intermediate
PiYo Dawn	Strength, Aerobic	Moderate	Mats	Top-40/Pop		Fun, energetic, challenging, adaptable, unique
Senior Weight Room Emily	Strength, Aerobic	Moderate	Weights, Exercise balls, Recumbent bikes, Weight machines	None		Senior instruction on equipment
Zumba Amber	Aerobic	Moderate	None	Hip-hop, Latin		High energy & calorie burning
Kid Zumba Amber	Aerobic	Moderate	None	Top-40/Pop, Kid-friendly		Kid-oriented, fun, & easy to follow
Yogalates Emily	Strength, Mind-body	Moderate	Exercise balls, Mats, Yoga blocks	Instrumental		Yoga, strength, Pilates, barre, stretching
Advanced Water Aerobics Donna	Aerobic, Strength, Aquatics	Moderate/High	Weights, Noodles, Bands, Body weight, Kickboards	Rock, Hip-hop		Upbeat, balance, strength, endorphins
Beginner Indoor Cycling Kara	Strength, Aerobic	Moderate/High	Cycling bikes, Mats	Rock, Instrumental, Top-40/Pop		Empowering, invigorating, intense, fulfilling, powerful
TurboKick Brittany	Aerobic	High	Body weight	Hip-hop		Choreographed kickboxing workout
Kickboxing Alyssa	Aerobic	High	Boxing gloves	Hip-hop, Rock, Country		Lunge/punch/kicking high intensity workout

= Cardiovascular Fitness	= Muscular Strength & Endurance	= Flexibility	= Body Composition
= Agility	= Balance	= Power	= Speed
= Coordination	= Stress Relief		