

GROUP EXERCISE CLASS DESCRIPTIONS

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

W - WEST | E - EAST | N - NORTH | NB - NEWBURGH

AQUA

AQUA FIT - N/NB

Work out in deep and shallow areas of the pool, using resistance equipment and aqua belts (provided) to build strength and endurance.

AQUA ZUMBA® - N/NB

Fitness is a splash with Aqua Zumba! A party in the pool integrating traditional Zumba moves and traditional aquatic moves. Aqua Zumba classes blend it all together to make a workout that's cardio-conditioning, toning, and fun!

SENIOR AQUA - N/NB

Perfect shallow water aqua class for active, older adults with arthritis, joint, or muscle concerns. Senior Aqua focuses on joint flexibility and range of motion while moving in the supportive environment of the pool.

CARDIO

BODYATTACK® - W/N/NB

A high-energy fitness class with moves that reach the total beginner to the total addict. Athletic movements like running, lunging, and jumping combined with strength exercises such as push ups and squats.

BODYCOMBAT® - NB

Release your inner warrior with BODYCOMBAT®, a martial arts inspired group fitness class with a mix of taekwondo, kung fu, and more.

BODYSTEP® - NB

A simple, athletic workout that will shape and tone your entire lower body. Just like walking up and down stairs, BODYSTEP® is a full body workout that really tones your butt and thighs.

BOOTCAMP - W/E/N/NB

Get ready to sweat and have fun in a challenging team environment. Each class is different to keep your body at peak performance with a combination of circuit training, cardio, and weight training.

BOX FIT - E

A fun group class that incorporates boxing moves as well as martial arts to get you fit and strong.

CARDIO STEP - E

A classic workout, stepping up and down on a rectangular step, increasing your heart rate and having fun!

CYCLE - W/N

An indoor cycling class that will take you on a race, while building strength and improving stamina. Ride on a fitness journey including jumps, seated and standing climbs, and speed drills. 30/45/60 minute classes. Our PLUS class adds CORE at the end. 75 minutes.

GRIT® - W/NB

A 30 minute high-intensity interval training (HIIT) athletic class. The workout uses barbells, weight plates, a bench, and you!

ZUMBA® - E/NB

Combine Latin and international music with dance moves. Zumba is a dance fitness class that takes the "work" out of workout!

STRONG NATION® - NB

Strong by Zumba® is a high intensity interval (HIIT) class that incorporates moves synchronized to the music. Squats, lunges, and more will challenge you in this high cardio class.

WERQ® Dance Fitness - W/E/N/NB

A fiercely fun dance fitness class based on pop, rock, and hip hop music!

CORE

BARRE PILATES - NB

The perfect blend of deep muscle toning, stretching, balancing, and cardio intervals. Barre incorporates the fluidity of Yoga, and the core conditioning of Pilate.

GENTLE YOGA - W

Entry level Hatha Yoga class with focus on fundamentals and alignment to improve flexibility, mobility, and mind/body balance.

BODYFLOW® - N

Embrace parts of Yoga, tai chi, and Pilates with BODYFLOW, a relaxing class that builds strength and improves flexibility.

YOGA - W/E/N/NB

Hatha Yoga classes use the breath to create a link between the body and the mind. Hatha classes build flexibility and strength while minimizing the chance of injury. You will learn to still the mind and be present in the moment. 30/60/75 minute classes.

SENIORS

SENIOR AQUA - N/NB

Perfect shallow water aqua class for active, older adults with arthritis, joint, or muscle concerns. Senior Aqua focuses on joint flexibility and range of motion while moving in the supportive environment of the pool.

SENIOR FIT - W/N/NB

Senior Fit is a fun class that incorporates strength, cardio, and flexibility for the active age! We offer two options: Option 1 incorporates floor work as well as standing. Option 2 includes the optional use of a chair for balance. Senior Fit Option 2 does not include movement up/down from the floor. Option 2 is offered at the North location only.

ZUMBA GOLD® - W

Easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and leave feeling empowered and strong!

STRENGTH

BODYPUMP® - W/E/N/NB

Get lean, build strength and tone muscle with BodyPump, a group based barbell class that works all of the major muscle groups.

BOOTCAMP - W/E/N/NB

Get ready to sweat and have fun in a challenging team environment. Each class is different to keep your body at peak performance with a combination of circuit training, cardio, and weight training.

FIT - W/E/N

A group personal training class using an array of equipment designed to improve mental and muscular strength and endurance. Every workout is unique and designed to improve athleticism in a team environment.

GAUNTLET - N

A full body assault with timed intervals to challenge strength, mobility, and core, using body weight and various equipment in a circuit training format. A team environment that will leave you feeling strong and inspired!

ZUMBA TONING® - N

All the rhythm of Zumba with the challenge of adding Zumba Toning sticks! 1lb and 2.5lb maraca-like toning sticks will enhance your sense of rhythm and coordination while targeting your arms, legs, and core!