

## **GROUP EXERCISE CLASS DESCRIPTIONS**

**\*\*Please bring your KP Badge with you to every class\*\***

### **Land Classes**

**TOTAL BODY**—A full body strengthening class that utilizes hand weights and other equipment. **60 Min**

**CIRCUIT**—Not for the faint of heart! Strength and Cardio exercises in which an exercise is performed for a period of time and then one rotates to the next station until the whole circuit is completed. **45 Min. Inter - Adv.**

**BUMS & TUMS**—A short and intense class that isolates the core and gluteus muscles. **45 Min**

**SIT & GET FIT**—Train the entire body using various pieces of equipment while remaining seated. Great class for beginners and those with ailments! **50 Min**

**BODY PUMP**—An **hour** of power working all areas of the body to increase muscular strength and endurance. Please be aware this is an **intermediate to advanced** class.

**ZUMBA**—A **50 Min** Latin inspired cardio class filled with fun dance moves that guarantee a good time and a great workout!

**SUNRISE YOGA**—Whatever level you aspire to with the practice of yoga this class will help you obtain your goals, whether it is to gain physical poise, stamina, flexibility or relaxation.

**REJUVENATION YOGA**—This class is for all levels. It will create a strong yoga foundation by using modifications, principles of alignment and relaxations techniques. **1 hr**

**FLEX & FLOW**—A combination of tai chi, yoga & Pilates style movements set to a variety of music to work your core, challenge your range of motion, strength & balance. **50 Min**

**FLEXIBILITY**—This class is designed to improve joint flexibility and muscle tone. Various range-of-motion, stretching, and breathing exercises are performed. **60/90 Min** \*Saturday's class ends with 30 minutes of Jazz dance.\*

**PILATES**—Pilates is a low impact mat class that focuses on toning and strengthening the abdominals, back, and legs. Suitable for all levels! **50 Min**

### **Water Classes**

**\*Please shower before entering the pool. \***

**WATER POWER HOUR**—Total body workout using water weights for resistance to the upper body and a noodle for resistance to the lower body. This class will stretch, strengthen, and raise your heart rate. **50 Min**

**AQUA FUN FRIDAYS**—A **40 Min** aqua resistance workout to music utilizing a noodle and water weights. This class concludes with **15 Min** of tummy toning using one noodle.

**AQUACIZE**—This indoor class focuses on using the major muscle groups and conditioning of the heart. **50 Min**

**IN-SYNC**—Shallow water exercises in synchronization to music at 130-140 BPM. **50 Min**

**WATER WALKING**—Walking in the pool doing various movements with the body to get a great cardiovascular and toning workout. **50 Min**

**DEEP H2O**—This water class offers a workout designed for the avid exerciser. The participant must be able to swim. The class will include treading, stroking, paddling, pedaling, etc. **45 Min**

**DEEP H2O POWER**—Lively water exercises using gloves (or weights), noodles, or belts; involves swimming for aerobic benefit. **45 Min**

**STRETCH-N-SCULPT**—Class designed to help improve flexibility and increase range-of-motion while toning all muscle groups. **50 Min**

**JOINT EFFORT**—A water exercise program emphasizing range-of-motion activities that include gentle strengthening and fitness exercises. Suitable for those limited by impaired joint ability. (Always indoor pool.) **50 Min**

**DOUBLE NOODLE WEDNESDAYS**—A total body workout incorporating two noodles simultaneously and ending using only one noodle. **50 Min**

**\*Water shoes are highly recommended for all water classes and should only be worn in the pool.\***

► When engaging in any form of exercise, including fitness classes, please take the class at your own pace and work at an exertion level that is comfortable for you. It is also recommended to speak with your doctor before beginning any exercise routine.

► In the case of inclement weather, a water class that normally occurs outside may be held indoors. If the weather is severe enough, all pools will be closed and classes will be cancelled