

Deer Path Group Exercise Class Descriptions

AQUA CLASSES

AQUA DYNAMIX - Immerse yourself in a high energy aquatic workout that combines cardio, strength training and flexibility exercises.

LAND CLASSES

AB BLAST! - 30-minute workout targets the core. Modifications offered for all levels.

ACTIVE™ - Gives you all the training you need – cardio, strength, balance and flexibility. Get stronger and healthier with inspiring music, hand weights, body weight and simple athletic movements.

BALANCE & FLEX™ - Invigorating mind-body workout grows you longer and leaner. Incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility and core strength. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

BOOTCAMP - Challenges mind and body as you alternate between high and low intensity exercises through timed intervals of free weights and plyometrics, cardio training and balance work.

CIRCUIT - Fast-paced circuit style class uses various equipment to increase muscular endurance and metabolism.

DEFEND™ - Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness, build muscle strength and burn calories.. Combines cutting-edge moves with thrilling music.

GROOVE™ - This dance fitness class is a fusion of club, urban and Latin dance styles set to current hits and energetic songs.

LIIT - Less intense than a HIIT workout but still provides all the benefits. Build endurance and strengthens the body with low impact interval sequences combined with body weight training exercises.

LOW IMPACT AEROBICS - Moderate paced, lower-impact workout emphasizing cardiovascular endurance, coordination and range of motion.

PILATES/BARRE FUSION - This class is a great mix of Pilates mat movements mixed with upbeat and intense Barre inspired movements. If you love both Pilates and Barre then this class is a great choice!

SENIOR DANCE - Engaging class designed for older adults who want to stay active, improve their coordination, and experience the joy of dancing.

SENIOR STRENGTH - Focus on strength training exercises to build and maintain muscle strength, enhance stability and improve daily living activities.

SENIOR STRETCH - Focus on strength training exercises to build and maintain muscle strength, enhance stability and improve daily living activities.

STRENGTH TRAIN™ - High-rep weight training workout using barbell, weight plates and body weight. Combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

SPIN - Includes standing and endurance rides, hills, climbs, intervals and sprints.

STEP - Cardiovascular workout utilizes the step in varying speeds, directions and positions. This workout strengthens and shapes the lower body, one step at a time.

STRETCH & BALANCE - Enhance flexibility, stability, and overall well-being. Integrates dynamic stretching and balance exercises to achieve greater range of motion, improved posture, and a more centered sense of self.

TABATA - Delivers powerful results in a fraction of the time. This intense, exhilarating session will challenge your body, boost your fitness, and leave you feeling accomplished and energized.

TOTAL BODY CONDITIONING - All-level workout combines mobility, flexibility, bodyweight strength and cardio, targeting all major muscle groups, building endurance, and leaving you feeling energized in only 45-minutes!

YOGA - Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility.

YOGA FUSION TRX® - Innovative class enhances flexibility, core strength, balance and overall fitness. Blends the mindful movements of yoga with the dynamic strength building benefits of TRX suspension training.