

## Fairless Hills Group Exercise Class Descriptions

### AQUA CLASSES

**AQUA AEROBICS** - Low impact class designed to increase flexibility, range of motion, balance and posture in shallow and deep water.

**AQUA DEEP CARDIO** - Low impact class designed to improve joint stability, coordination, heart health and strength. Incorporate cardio and strength in deeper water, using water dumbbells and flotation devices.

**AQUA INTERVAL** - Challenges participants through timed intervals of moderate to intense exercise.

### LAND CLASSES

**ADAPTED FITNESS** - An adapted fitness virtual class promoting inclusivity, independence, and a sense of accomplishment among participants, regardless of their physical limitations with a goal to improve mobility and enhance the ability to perform everyday tasks. A Y staff member will be present to offer support.

**BARRE** - Uses high repetition movements and weighted isometric contractions set to music to tone your body.

**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.

**CHAIR YOGA** - A gentle style of yoga that is practiced in a chair or standing using the chair for support. Great for everyone, as it deepens flexibility, strengthens personal body awareness, and incorporates yoga breathing exercises.

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

**INTERVAL INFERNO** - Strength and cardio intervals with various equipment. Designed to improve strength and cardio endurance.

**KICKBOXING** - Aerobic conditioning with a PUNCH and KICK!

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

**PILATES** - Invigorating class enhances strength, flexibility, and body awareness. Offers a balanced approach for all skill levels.

**PURE STRENGTH** - Emphasis on heavy lifting to build muscle through more isolated movements. A full body workout that superset muscle groups resulting in pure power.

**SILVERSNEAKERS® CLASSIC** - Strengthens muscles and increases range of movement for daily life activities. Uses hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support.

**SILVERSNEAKERS® YOGA** - 45-minute class includes seated and standing poses, gentle movements, and variations on essential yoga moves. Increase flexibility, balance and range of motion. Uses a chair for balance and to accommodate different fitness levels.

**SPARTAN TRAINING** - Strength and cardio combined into a single workout that will leave you wanting to come back for more. Weights, resistance and other equipment are all used on interval timings to maximize your workout and results.

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

**SPIVI SPIN** | interactive indoor cycling experiences that use digital scenery, personal avatars, and real-time performance data to simulate outdoor riding

**STRONGER LEANER LONGER** - This class combines dynamic exercises and cutting-edge techniques to help you achieve a toned, sculpted physique and boost your fitness levels.

**TAI CHI** - Uses a series of slow gentle movements that build both strength and flexibility along with the mental components of balance promoting awareness and good body mechanics.

**TEEN ATHLETE ACADEMY** | A group training program for teens designed to teach our young athletes to learn to enjoy moving and working out. This program highlights movements to improve speed, agility, strength, balance, and coordination while introducing workouts and exercises to help build healthy habits.

**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.

**ZUMBA®** - A calorie-torching, heart racing, muscle pumping fitness dance party set to energizing music. No rhythm needed!

**ZUMBA GOLD®** - Modified Zumba® class for active older adults that recreates the original moves you love at a lower-intensity. Introduces easy-to-follow Zumba® choreography that focuses on balance, and coordination.