

Quakertown Group Exercise Class Descriptions

AQUA CLASSES

AQUA BARRE - Innovative class merges the grace and precision of barre exercises with the resistance and support of water. Designed to enhance strength, flexibility and balance while minimizing impact on the joints.

AQUA BASICS - Back to the basics, but with fun and finesse. An aquatic class that everyone is sure to enjoy!

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 ZUMBA® - Make a splash by adding low-impact, high energy aquatic exercise to your fitness routine. Water resistance creates less impact on joints while still toning muscle.

POWER WAVES - Intense aqua workout with interval training, plyometrics and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.

LAND CLASSES

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

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

BODYCOMBAT™ - High-energy, martial arts-inspired, non-contact workout. Incorporates karate, taekwondo, boxing, Muay Thai, capoeira and kung fu. No experience needed. Modifications offered for all levels.

BODYPUMP™ - Use light to moderate weights with lots of repetition for a total body workout. Build muscle endurance through THE REP EFFECT to strengthen muscles without bulk. Modifications offered for all levels.

BOOTY BOOTCAMP - Transform your backside with a high-energy class that focuses on sculpting and strengthening glutes. Targeted exercises blend bodyweight movements, resistance training, and high-intensity interval training with low intensity options. Designed for all fitness levels.

FIT BLAST VIIT - is a high energy, full body workout that uses Variable Intensity Interval Training (VIIT), combining high intensity bursts of cardio with medium intensity strength and low intensity recovery/mobility work. The goal is to provide a balanced and effective workout that improves strength, cardiovascular endurance and flexibility.

HIIT REVOLUTION - Exhilarating high intensity interval training class designed to push your limits and transform your body. Combines innovative techniques to deliver a heart pounding, results driven experience!

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

KETTLEBELL FLEX & FLOW - Dynamic fusion of strength training and fluid movement. Combines the power and versatility of kettlebell exercises with a focus on flexibility and flowing transitions to enhance both strength and mobility.

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

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.

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

SPIN & SCULPT | This class combines everything you love about spinning with the benefits of strength training for a complete full body workout

STEP | A cardiovascular workout that utilizes the step in varying speeds, directions and positions. This workout strengthens and shapes the lower body, one step at a time.

STRENGTH & FLOW - Total body strength and conditioning class improves strength, balance, mobility and mind body connection. Start with cardio and weight equipment. Cool down with 10-15 minutes of yoga flow fused with kettlebells and resistance bands to strengthen and tone.

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.

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!

Y CIRCUIT CLASS - Held in our Y Circuit room this dynamic workout uses the strength machines and intervals of cardio segments to combine strength, cardio, and functional exercises.

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!