

## Warminster Group Exercise Class Descriptions

### AQUA CLASSES

**AQUA AI CHI** - Deep breathing, relaxation and slow broad movements inspired by Tai Chi and Qigong. Intended to improve balance, increase strength, decrease pain, and improve body-mind connection.

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

**AQUA FIT** - Use the resistance of water to improve strength, flexibility and cardiovascular endurance.

**AQUA TABATA** - Fast-paced class that will get your heart pumping using a series of 4 minute exercise sequences alternating between short bouts of intensity and rest.

**AQUA TONE & STRETCH** - Increase muscle definition, burn calories, and improve flexibility. Leave feeling refreshed, stretched and energized.

**SILVER SNEAKERS® SPLASH** - Splash offers fun, shallow water moves to improve flexibility and cardio endurance. No swimming ability required. Special kickboard is used to develop strength, balance and coordination.

### LAND CLASSES

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

**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** - Ignite your energy with this fast paced circuit class! A high intensity full body workout using various equipment rotating through a series of exercises that target different muscle groups. Combines cardiovascular endurance, strength training and flexibility into one dynamic session. Designed for all fitness levels.

**CORE & MORE** - Strengthen your abs, back, glutes and more in this workout.

**GENTLE YOGA** - Restful, calming class includes breathing, gentle flowing movement, passive and supported poses. A perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga.

**HATHA YOGA** - Focuses on a variety of traditional yoga poses, standing and seated. Increase strength, flexibility and posture.

**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.

**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.

**MEDITATION** - Meditation on the focus of breath awareness and body sensations to establish practice within the first foundation of Mindfulness

**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!

**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® ENERCHI** - SilverSneakers EnerChi combines easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement. While learning and practicing forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques.

**VINYASA YOGA** - Synchronize the breath with a progressive series of postures produces internal heat and a purifying sweat that detoxifies. Improve your circulation, flexibility, strength, and calm your mind. More challenging practice form and alignment emphasized.

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