

Bethlehem Group Exercise Class Descriptions

AQUA CLASSES

AQUA ARTHRITIS - This class is a warm water exercise program designed for individuals with arthritis and related conditions, focusing on improving mobility, strength, and overall well-being through low impact aquatic exercises.

AQUA BLAST - is a high-energy, water-based workout designed to boost strength, endurance, and cardiovascular fitness. Whether you're looking to tone muscles, improve flexibility, or increase stamina, Aqua Blast delivers a challenging yet fun workout.

AQUA FITNESS - | Aqua Fitness is a fun and effective workout that targets the entire body. This low-impact class uses the natural resistance of water to strengthen muscles, improve cardiovascular health, and enhance flexibility, all while being gentle on the joints.

AQUA HYDRO - Aqua Hydro is an advanced water-based fitness class designed to push your strength, endurance, and agility to new heights. Using the natural resistance of water, this high-intensity workout targets all muscle groups, offering a full-body conditioning experience.

AQUA SURGE | Dive into an invigorating workout with our Aqua Surge class! This high-energy water fitness session combines cardio, strength training, and flexibility exercises, all set to upbeat music. Using the natural resistance of water, participants will engage in a variety of movements designed to tone muscles, boost endurance, and enhance overall fitness, while minimizing impact on the joints.

LAND CLASSES

BARRE FUSION - This class combines the best of Barre adding in elements of Pilates, yoga, dance and more. This class was created with a focus on fine-tuning your muscles.

CYCLE - Our instructors will take you on a journey that includes standing and endurance rides, hills, climbs, intervals and sprints.

BELLY DANCE - Whether you're a beginner or experienced dancer, Belly Dance provides a fun and empowering way to connect with your body, express yourself, and increase confidence. It's an energizing workout that helps improve posture, tone muscles, and promotes mindfulness through movement. Join us for a journey into the world of rhythm, culture, and elegance!

HIIT - 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!

LOW IMPACT TOTAL BODY - This low impact total body conditioning class will build muscle and cardio endurance and is easy on the joints.

LOW IMPACT MOVEMENT & STRENGTH - Low impact strength movements with the option of using dumbbells, resistance bands and small ball work.

SILVER SNEAKERS YOGA - This class includes seated and standing poses, gentle movements, and variations on essential yoga moves. This class is intended to increase flexibility, balance and range of motion, and uses a chair for balance to accommodate different fitness levels.

STRETCH & BALANCE - Revitalize your body and mind with our Stretch & Balance class designed to enhance flexibility, stability, and overall well-being. This class integrates dynamic stretching and balance exercises to help you achieve greater range of motion, improved posture, and a more centered sense of self.

TOTAL BODY STRENGTH - This class is designed to challenge and transform your entire body! This dynamic workout combines compound movements and functional exercises to engage all major muscle groups, enhancing strength, stability, and endurance.

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