

## Slate Belt Group Exercise Class Descriptions

### AQUA CLASSES

**AQUACISE** - This is an all over, cardio, toning, muscle conditioning class, incorporating stretching and range of motion movements. The goal is health and fitness using the multi-directional resistance of water. This is a great class for all ages and fitness levels.

**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 STEP** -A high-energy, low-impact water fitness class that combines traditional step aerobics with the resistance and support of water. Using a submerged step platform, participants perform choreographed routines designed to improve cardiovascular endurance, strength, coordination, and balance all while reducing stress on the joints.

### LAND CLASSES

**CARDIO DANCE** - Get ready to groove and sweat in our cardio dance class! This high-energy workout combines fun, easy-to-follow dance moves with heart-pumping cardio to burn calories, improve endurance, and lift your mood.

**CARDIO DRUMMING** - Cardio Drumming is a fun, brain and body wellness class which combines rhythmical drumming and movement with fitness. Each class is uniquely designed to energize and motivate your fitness routine with fitness balls and drumsticks. No experience required.

**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

**COUNTRY LINE DANCE FITNESS** - Get ready to kick up your heels and have fun with our Country Line Dancing class! Whether you're a seasoned dancer or a complete beginner, this class will teach you the steps to popular country songs while getting your heart pumping and your feet moving.

**CIRCUIT** |A fast paced circuit style class uses various equipment that will increase muscular endurance, increase metabolism, and challenge you in ways you didn't know were possible.

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

**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!

**LIIT** | Less intense than a HIIT workout but still provides you with all the benefits! This class will build endurance and strengthen 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.

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

**MUSCLE MAX** This class will challenge your muscular strength, endurance and stamina. A variety of strength training techniques will be utilized to challenge your entire body. Muscle Max will boost your metabolism by helping you increase lean muscle mass.

**RANGE OF MOTION & STRENGTH** - This class is specifically designed for older adults looking to improve their flexibility, strength, and overall functional mobility. This class focuses on gentle exercises to enhance joint mobility, build strength, and improve balance, all while promoting a healthy, active lifestyle.

**SOUL FUSION** - a high intensity/low impact workout that uses a creative blend of yoga inspired flows, cardio bursts, balance sequences and strength training exercises driven by music.

**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.

**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!