

Co-ed Group Fitness Programs

The following classes are complimentary to members of the Fitness Center. We offer a wide variety of fitness classes at the Recreation Complex and the Community Center. From our easy-to-follow beginner level classes to our high-energy kickboxing, you are bound to find something that's just for you. The following is a brief description of each class.

Sculpt & Tone - Sculpt and Tone is a total body workout that incorporates calisthenics and dumbbells to help improve muscular endurance. This class will also help improve balance and flexibility.

Step Aerobics - This intermediate/advanced aerobics class contains complex choreography around a step bench. It's sure to challenge both the body and the mind.

Body Sculpting - A total body workout that incorporates calisthenics and weight lifting to improve muscular endurance and strength.

Forever Fit - A slow-tempo class designed to improve activities of daily living (ADL's). The focus is on cardiovascular endurance, muscular strength and flexibility.

H.E.A.T. - A **H**igh **E**nergy **A**naerobic **T**raining class using a variety of fitness equipment including steps, resistance bands and weights. The focus is Interval Training! Good for all fitness levels.

Yoga - A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

H.I.I.T. - A **H**igh **I**ntense **I**nterval **T**raining circuit class that combines multi-joint tactile exercises placing emphasis on the anaerobic energy system with short duration of recovery periods between exercises.

Pilates - A mat class based on Pilates principles which focus on using the core muscles as the foundation for movement. Exercises designed to promote balance and coordination while increasing strength and flexibility.

SilverSneakers® - The SilverSneakers® fitness program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. The motto is "Get fit, have fun, make friends". Class includes a variety of exercises using hand-held weights, elastic tubing, and a SilverSneaker ball for resistance. Chairs are used for seated and/or standing support.

Spin® - An indoor group cycling class that provides an intense cardio workout that will maximize your caloric burn. Class is taught to all fitness levels. It conditions using five core movements and three hand-positions.

Express Spin® - A 30 minute cycling class for a quick cardio workout. Please be ready to spin 5 minutes before class start time. Class is taught to all fitness levels.

All classes are offered free to members with the exception of Spin® classes: \$2.00 (30 min class) & \$4.00 (60 min class). Non-members include \$6.00 for residents and \$8.00 for non-residents when participating in a Spin® class. Classes are subject to cancellation without notice.

For more information, call 954-545-6650.

Offered for a limited time

Friday Rotation Schedule Classes

R.I.P.P.E.D. – A total body workout that increases muscle endurance and cardiovascular endurance. Full body workout that encompasses strength, power, and endurance through the use of multi joint exercises.

Calorie Crushing Circuit - A total body workout that increases muscle endurance and cardiovascular endurance. Exercises will be performed using set intervals.

Step Circuit – Intervals of basic step and muscle conditioning working the entire body from head to toe.

Kettle Bell - This class will build strength and endurance, particularly in the core, legs, shoulders, while increasing grip strength.

H.E.A.T. - A **H**igh **E**nergy **A**naerobic **T**raining class using a variety of fitness equipment including steps, tubing and weights. The focus is Interval Training! Good for all fitness levels.

Kickboxing - Designed for all fitness levels, this action packed class puts you in the ring. Choreographed boxing moves and basic training techniques strengthen your heart and your muscles in one energetic class. If you're ready to challenge yourself with this great overall conditioning class, then get ready to rumble!!!

Yoga Fusion – A blend of Yoga postures and Pilates principles with some Sculpt and Tone designed to promote balance and coordination while increasing strength, flexibility, and improving muscular endurance.

***Step & Sculpt *** - A beginner to intermediate class consisting of 30 minutes of step aerobics and 30 minutes of body toning.

All classes are offered free to members with the exception of Spin® classes: \$2.00 (30 min class) & \$4.00 (60 min class). Non-members include \$6.00 for residents and \$8.00 for non-residents when participating in a Spin® class. Classes are subject to cancellation without notice.

For more information, call 954-545-6650.

Offered for a limited time