

Class Descriptions

H2O Energy

M,W,TH—7:00-8:00pm

Designed for all levels, this class will improve heart and muscle strength as well as tone and flexibility all while working at your own pace. This is a great way to relieve those joints of built up stress!

Classical Yoga 1

Thursday—6:30-7:30pm

Classical Yoga 1 is for beginners developing strength, stamina, balance, posture and flexibility while learning correct alignment. No experience necessary!

Classical Yoga 2

Thursday—7:45-9:00pm

For more advanced students, this class will increase your endurance and refine positions. A wider variety of more challenging positions will be introduced.

Core, Cardio & Conditioning

T,TH—5:00-6:00pm

Strengthen and define muscles, improve your posture and create a lean streamlined shape! This class uses hand weights, resistance bands, resist-a-balls and other equipment to focus on the body's core muscles.

Deep H2O

M,W,F—9:00-10:00am

Deep H2O is designed to improve strength, flexibility and endurance without impact or stress on joints. Because it is designed for participants not to touch the bottom of the pool, all exercises are unrestricted movements leading to maximum water resistance (**Held at ZW Natatorium**)

Midday Movers H2O

M,W,F—12:00-1:00pm

Midday Movers H2O is much like Sunrise Stretch and Stride H2O, but with an added moderate aerobic segment. It doesn't matter what age or ability you are, this class will enhance and improve your overall health.

R2: Rip & Ride

Saturday—9:15-10:15am

This class is a calorie burner! Start with an intense spin session followed by the ultimate upper body workout.

Senior Strong and Balanced

Wednesday—9:00-10:00am

This class focuses on fitness, balance, strength, flexibility, endurance, breathing, and relaxation to enhance strength and balance.

Spin

M,W—5:45-6:30pm / T,H—6:00-6:45am

As you ride, motivating music fills the room as you are talked through a visualization of an outdoor cycling workout. It burns some serious calories and offers an awesome aerobic workout.

Sunrise Stretch and Stride H2O

M,W,F—7:00-8:00am

Regardless of age or ability, Sunrise Stretch and Stride H2O is a low-impact water exercise class that will enhance and improve your overall health. This class is ideal for older adults, those that want to exercise at a slower, easier pace, and for individuals with health conditions or physical limitations.

Ultimate Workout

T,TH—5:00-6:00pm

Are you ready for an ultimate workout? Using a unique blend of exercises this class tests your entire body incorporating cardio, core, and strength!

Yoga-Pilates Fusion

Monday—6:45-7:30pm

This combination of Yoga and Pilates gives the relaxation of yoga and the workout of Pilates. This class focuses on body movement and breathing.

Zumba

T,TH—7:30-8:30pm/W—6:40-7:40pm/ Sat—8:00-9:00pm

Zumba is a high energy and fun class. You will not even realize you are working out! A mixture of upbeat music and dancing is used to tone your entire body.