

FITNESS CLASSES



Classes in Rec Pool

Enjoy our health-enhancing natural hot springs pools, that are exclusive to Broadwater Hot Springs, while participating in our

aquatic classes. Gentle on the joints, these classes enhance cardiovascular and strength endurance.

AquaLogix includes special weighted hand and leg bells for an additional challenge.

Water Fitness is a well-rounded fitness program in the pool.

Aqua Mix uses a variety of equipment. Good workout for those who like challenge.

CARDIO CLASSES

Cardio classes focus on cardiovascular training in a variety of formats including step, 'floor' aerobics, agility and more. Most classes accommodate all fitness levels unless otherwise noted. Not all classes may be on the current schedule.

Cardio Fusion: A mix of cardio-based exercises guaranteed to take your fitness to the next level. Classes may include Step, floor aerobics, kick-boxing and more! All fitness levels welcome.

Zumba® : A Latin-inspired, dance-fitness class that is effective, innovative, and exciting. The best part besides a great workout is that it's designed for *everyone—No Dance Experience Required!* Join the ZUMBA Party!!

FUSION CLASSES

Fusion classes are a blend of different disciplines... Cardio, Strength and Flexibility creating an exceptional, time efficient workout. Please refer to other categories for descriptions of these components.

Half 'n Half: Half Cardio/Half toning. The perfect total workout.

Pilates/Stretch: Classic Pilates with Yoga inspired stretching.

Pilates Total Toning: This is a combination of Pilates and toning exercises using extra resistance (Dumbbells, leg weights, medicine balls and bands.)

MIND & BODY CLASSES

Mind & Body classes provide increased muscle strength, flexibility, stress-relief and improved breathing technique. Participants are encouraged to bring their own mats although we do provide them.

Pilates is a system of flowing movements that strengthen and stretch the muscles and joints. Focus on core strength.

STRENGTH CLASSES

Our strength classes are focused on building muscle endurance and strength utilizing all major muscle groups. Classes may include barbells, dumbbells, tubing, dyna-bands, medicine balls and body weight. Classes can accommodate all fitness levels.

Strength & Stretch combines light strength exercises with gentle stretches for a class that is appropriate for everyone including those recovering from injury or illness or returning to exercise. The class focuses on joint stability, core strength, balance and small muscle coordination.

Total Toning is a total body toning class followed by an extended stretch to leave you feeling strong and refreshed!



Group Fitness Schedule

Effective April 3, 2017



Please participate in classes at your own fitness level. It may be advisable to obtain a physician's release prior to participating in an exercise program.

www.TheBroadwater.com



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NOTE: Please let Front Desk staff know which class you are attending each time so they can check you into the class. *Classes maintaining low attendance may be cancelled.*