

CARDIO CLASSES

Cardio classes focus on cardiovascular training in a variety of formats. Most classes accommodate all fitness levels unless otherwise noted

Daytime Dance: Every week a different Dance, including Jazz, Salsa, Zumba and more. NO dance experience necessary.


Cardio and Cardio Fusion: A cardio based class geared for all fitness levels. Cardio Fusion includes a variety of aerobic exercises.

Cardio Flex Fusion: Blended classes including a mix of cardio, toning and core conditioning.

Multi-Step: Using a combination of 2 or more steps and challenging choreography, this class keeps your workout fun and interesting. *Recommended for intermediate to advanced steppers.*

Step2It Calling all step lovers! Fun, up-beat step class with a variety of moves and intensity. Everyone welcome.

Walk-About: A 45 minute 'express' walking class geared to get you moving and your heart pumping! Even moderate walking reduces your blood pressure, cholesterol and stress. So get your walking shoes and join us! This class will run June-November.

 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!!

AQUATIC CLASSES

Enjoy the health-enhancing Natural Hot Springs pools that are exclusive to The Broadwater Athletic Club 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.

NOTE: Classes maintaining low attendance may be cancelled.

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.

Yoga combines poses and breath work to increase flexibility and strength. Breath work also increases blood flow and reduces stress and tension in the body.

Yoga Level 1: *This class introduces the basic yoga poses to improve balance, alignment, strength and flexibility. Designed for those new to Yoga or those wishing to refine their practice.*

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

PIYo is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat.

Target Zen—See Fusion Classes.

Taste of Qigong combines breath work and slow fluid movement to create an experience of relaxation, balance and flexibility. (November-June)

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.

Power Muscle uses the barbell as well as dumbbells, medicine balls and other resistance equipment.

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.

Tabata Power is 30 minutes of high intensity exercised geared to push you to your anaerobic threshold and boost your metabolism!

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

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.



This Sports-inspired cardio workout builds strength AND stamina. Running, intervals, plyometrics, body-conditioning and cardio tracks will take your fitness to the next level. Running shoes recommended. This class can be modified to accommodate most fitness levels.

Cardio Fusion: A wide variety of fun cardio moves will keep you coming back!

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.)

Pump It: Get your heart pumping and pump up your muscles with this blend of cardio and strength exercises designed to enhance cardiovascular fitness, functional strength and balance. This is a moderate intensity class.

Forever Fit: Specially designed for seniors focusing on real life strength such as agility, balance, falling prevention, flexibility, hand-eye coordination and grip strength.

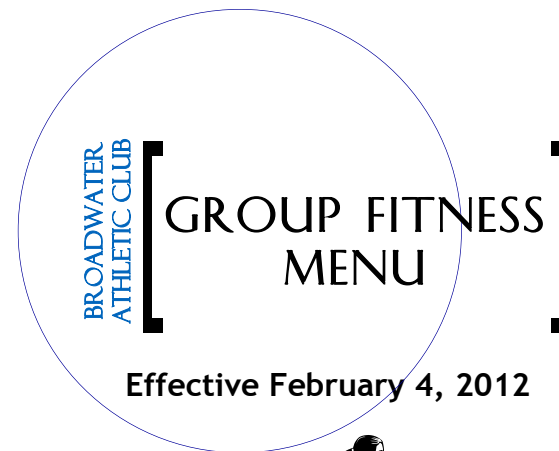
Target Zen is a smorgasbord for your body! This class may combine toning, yoga, Pilates, QiGong, stretching and definitely relaxation!

ZUMBA Toning: When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party! Maraca-like toning sticks are used to enhance rhythm and tone targeted muscles. Come join the Party!

CYCLING CLASSES

Cycling classes are cardiovascular based training using LaMond Cycles. Classes accommodate all fitness levels and include a variety of 'visual' road trips. Your instructor can advise you on how to set up your cycle.

Cycling: An indoor cycling program combining determination and imagination to create a total fitness journey. You will pump your heart, lungs and legs!



Our goal is to provide well-balanced classes in each time slot. We follow the ACSM guidelines for cardio, strength and flexibility. We design classes to care for your body, mind and spirit.

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. *If you are new to class, please come a few minutes early to meet your instructor and receive a brief orientation to class.*

Thank you for participating!

Nanette Huddleston, Fitness Director

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