

<b>Class Name</b>	<b>Instructors</b>	<b>Description of class</b>
Advanced Tai-Chi	Drew & Cherry	Must have instructor approval prior to attending classes.
Ballet Barre	Cathy	Utilizing a ballet barre to perform exercises to improve muscle tone, strength, & flexibility.
Chair Tai-Chi	Drew	The class emphasizes the aspects of the soft Chinese art which helps to improve skeletal strength, flexibility, balance, & blood circulation.
Circuit Training	Jane	Weight training, core stabilization, and cardio using various stations.
Line Dancing	Lauri	A cardio class using choreographed dancing without partners set to various music genres.
Mobilinics	Glenn	Increase range of motion & flexibility for improved joint health, greater stability, & better conditioning.
Pilates	Cathy	Exercises based upon the principles of Joseph Pilates designed to strengthen the core.
Senior Fit	Lauri	Chair & standing exercises to increase strength, endurance, flexibility, balance & agility while getting a cardio workout & having fun. Pure low impact aerobics.
Sculpt	Lauri	Weight lifting exercises to tone the entire body.
Spin / Cycling	John / Jane	Indoor cycling on a stationary bike to increase cardiovascular ability & strength. Low impact, but very high intensity. Interval based, cardio ride that includes standing & seated climbs, sprints, jumps, & flat runs.
Step & Sculpt	Lauri	One hour of cardio with weights, using the step for cardio & as a prop. Lots of sweating & strength training.
Tabata	Lauri	High intensity interval training. Each Tabata consists of 8 rounds of 20 seconds work with 10 seconds rest.
Total Body	Jane	Intermediate level class that incorporates cardio intervals & strength training using free weights & steps.
X - Strength Barbell Strength	Patty	If it doesn't challenge you, it doesn't change you! Be prepared to work hard with barbells, dumbbells, bands, & your own body weight.
Yoga	Sandy / Sally	A series of yoga postures, breath control techniques & mental focus.
Zumba	Lauri / Michelle	Latin inspired dance fitness program that blends international music & steps to form a "fitness party".