

# Class Descriptions

**4X4** - Combines cardio, strength, core, and stretch. A total body conditioning workout to make you feel good!

**ACTIVE AGING** - Increases strength, mobility, coordination, and balance, incorporating breathing and relaxation, core exercises, resistance exercises using body weight and equipment. Exercises performed standing, sitting and/or on the floor. Modifications are made for mobility-impaired individuals

**AM RISE & GRIND** - The perfect way to start your day! Expect the unexpected-any form of cardio, strength, core and more.

**AQUA BARRE** - Aqua Barre is a total body workout with inspired movements and positions from Ballet, Pilates and Yoga that have been adapted to be challenging and effective in the water. This helps gain flexibility and strength.

**AQUA BOOTCAMP** - A fun aqua fitness class that will challenge you with cardio and strength, all in the lower impact surroundings of the pool! Great for all fitness levels!

**AQUA ZUMBA** - Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise class to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you should not miss!

**BARBELL STRENGTH**- A powerful strength workout utilizing the barbell with various weights, as well as other equipment to get a full body workout. Get inspired as you gain strength and power week by week in a team atmosphere

**BARRE FITNESS** - This total body conditioning class will sculpt a long, lean ballet body. Exercises may include low to no impact work, as well as upper body conditioning with light hand held weights, bands, or other equipment.

**BATTLE FIT** - Using a combination of bodyweight exercises, kettlebells and other fitness accessories in a timed circuit, this outdoor class hits every major component of physical fitness in 50 minutes: cardiorespiratory health, stamina, muscular strength and endurance, flexibility, power, speed, agility, balance, coordination, and accuracy.

**BEGINNER'S YOGA** - Emphasis is on postural foundation and alignment of the body. Learn proper breath, yoga poses, and balance. Perfect for the novice, pregnant moms, and anyone who would like a beginner's approach to yoga.

**BOOTCAMP** - A fun, challenging and supportive workout. This class combines cardio, strength, plyometrics, core and more into one inspiring class. A challenging and power fueled sweat session. No two workouts will ever be the same.

**CARDIO FLOW** -Offers a dynamic workout that alternates between high-energy cardio sessions and targeted strength intervals.

**CHAIR YOGA** - Grab a chair and join us for one of the gentlest forms of yoga available. With a chair for support, this class challenges the body and mind through strengthening, stretching, relaxing and breathing. Feel good and experience the many benefits of yoga without having to get up or down from the floor!

**CIRCUIT STRENGTH** - Circuit Strength offers participants coach-guided intervals of cardio, strength, and core exercises with short rests to improve all areas of their fitness. Working at your own intensity means all levels and abilities will be successful in this fun and energetic class.

**CORE&ACTIVE STRETCH** - This class combines traditional and dynamic stretching, foam rolling, mobility work and other techniques to help you feel better, move better and perform at your best.

**CYCLE STRENGTH FUSION** - Cycling is a fat burning cardiovascular workout that strengthens the legs, lungs and heart with an energetic combination of flats, hills and sprints. Class also includes total body exercises performed off the bike. New participants should arrive 10 minutes before class for bike setup. Please do not wear cycling shoes for this class.

**EXPRESS CORE** - Abs, back, and glutes, Oh my! Core training prepares you for anything and everything. You will thank your body for this 15-minute class.

**GENTLE AQUA** - Water aerobics offers a total body workout in a non-impact setting. We combine cardiovascular, strength and flexibility exercises to provide you with a complete and total workout. Whether you are rehabilitating from an injury or simply looking for something new to try, come experience H2O at Das Rec!

**Glutes and Guts**- High Energy workout class that is choreographed to the beat of music! This class offers a full body workout designed to strengthen your core, lift your glutes, and boost your mood while moving to the rhythm of a killer playlist. Perfect for all fitness levels.

**KICKBOXING & STRENGTH**- A high energy class that combines kickboxing moves, balance, drills, and strength training. It's you vs. yourself in this fun and challenging fitness class

**HIIT** - High Intensity Interval Training at its best! This 30-minute workout involves a series of low to high intensity periods of exercises, focusing on burning calories, improving cardiovascular endurance, and building strength. All levels welcome.

**PILATES MAT** -Focus on strength and flexibility of the major muscle groups centered around using your core or power house. Instructor may use additional equipment such as stability balls, resistance band, or rings to enhance movements.

**PiYo** - This class blends the muscle sculpting benefits of pilates with the flexibility and strength of yoga poses for an increase in calorie burn.

**POWER CYCLE** - This non-impact workout is great for increase your cardiovascular strength while simulating an outdoor cycle experience. Includes intervals, hills, speed work and more. Great for all fitness levels.

**SHiNE** - SHiNE Dance Fitness brings original routines to like using hit music and choreography for all abilities. Rooted in jazz, ballet and hip-hop, this workout gives you a creative outlet to escape from "adulting".

**STEP & SCULPT**- Blast off extra fat and calories with a high energy and fun step aerobics workout. Then sculpt every muscle with a strength training workout that will utilize hand weights, or various other equipment to get your whole body toned and lean. This class is a great combination of cardio and strength; the perfect way to energize you for the rest of the day.

**STRETCH & RECOVERY**- Join us for a 15 minute active recovery that focuses on mobility, foam rolling and intentional stretching.

**TOTAL BODY** - A powerful strength and cardio workout utilizing the barbell with various weights, as well as other equipment, with some HIIT style cardio to get a full body workout. Get inspired as you gain strength and improve your overall fitness in a fun, inspiring atmosphere.

**UPLIFT** - a full-body workout that combines traditional strength moves with iconic music and sprinkles in some hype to create a unique fitness experience resulting in increased muscular strength and endurance

**YOGA FLOW I**- Utilizing Hatha, Vinyasa, and Ying yoga, Yoga Flow will be sure to help you find your Zen as you work on flexibility, strength and balance. In Yoga Flow, you will move from pose to pose with your breath. A great class for all levels of practice.

**YOGA FLOW II**- A continuation of Yoga Flow I. Expect longer sequencing and quicker transitions to elevate the heart rate and increase strength. A focus on balance and deep stretches round out this yoga journey. All levels welcome.

**YOGA ROCKS**- An energetic yoga flow class for all levels of practice set to classic, easy rock from the 70's, 80's and 90's!

**ZUMBA** - High energy, captivating music and Latin inspired moves will leave you feeling great and wondering when the next class is! ZUMBA is a “feel good” workout geared toward all levels. Don't think you're a dancer? No problem! We're sure you'll find your inner dancer at ZUMBA.

**ZUMBA GOLD** - For active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Incorporates cardio, conditioning and balance.