



**Aqua Fit:** This low-impact total body workout is performed in waist deep water focuses on cardio endurance and resistance training in an enjoyable atmosphere with music. It's easy on joints and great for those who are recovering from injury.

**Barre:** This class uses ballet-inspired moves combined with light weights to sculpt and condition the entire body, and incorporates short cardio bursts designed to maximize caloric burn during and after class!

**Cardio Kickboxing** combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina; improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

**Circuit Training:** This full-body circuit workout is designed to improve muscular strength and endurance while improving cardiovascular fitness. Weight machines and free weights are utilized to exercise all major muscle groups in one continuous cycle, with short rest intervals between.

**TRX:** A Total Body Resistance Exercise focuses on developing agility, speed, endurance and body resistance through suspension exercises. TRX workout mainly focuses on building the strength of core muscles while increasing body stamina. Strenuous at times

**Yoga/Pilates Fusion:** This unique mind-body workout combines the principles of both yoga and Pilates to work the core and increase stability, flexibility, and strength and will leave you feeling invigorated.

**Gentle Stretch Yoga:** Quiet your mind and stretch your body in this calming, all-level class incorporating standing, seated, and reclined yoga poses, deep breathing, and meditation. This class is perfect for beginners to intermediates and anyone working with an injury or limited mobility.

**Kettlebell:** This highly effective workout utilizes kettle bells to improve your total-body strength and boost your cardiovascular fitness. Strenuous at times.

**Posture & Balance Express:** A 30 minute class that combines gentle strength and flexibility exercises focusing on the muscles necessary for good balance and posture.

**PowerCORE Express:** A 30 minute challenging class focused on tightening and toning the core, specifically the abs and butt.

**Power PUMP:** This workout uses light to moderate weight bars with a lot of repetition that challenges all of your major muscle groups by using exercises such as squats, presses, lifts and curls. Strenuous at times.



## Tennis & Fitness Group Class Description

**Sculpt:** Utilizing a mix of free weights, stability balls, Bosu balls, and resistance bands, this total body conditioning class will help you strengthen and tone your muscles, burn fat, and increase flexibility.

**Tabata:** This high-intensity interval training (HIIT) workout that incorporates strength and cardiovascular components will push your body to the edge and produce amazing results! Strenuous at times.

**Power Yoga:** This Vinyassa Flow Yoga class is a full body workout, increasing your flexibility, strength, and mind-body connection. Strenuous at times.

**Slow Flow Yoga:** This relaxing stretch class focuses on tuning into your body and figuring out what it needs to get the best flexibility improvements imaginable. The perfect way to end your day!