

Adult Program Descriptions

LAND CLASSES

Power Pace Cycling:

This class is for those who want to be pushed the extra mile with motivating music and challenging moves. This workout focuses on endurance involving pyramid climbs, sprinting and much more.

Cycle Sculpt:

Calling all early birds! This class combines cardio with some muscle sculpting at the end. A great way to start off your day!

Cycle Express:

This noon hour class is designed to burn lots of calories in record time regardless if you are going back to work or not!!!

Yogafitness:

This class is designed to improve your strength & flexibility as well as relax & rejuvenate.

Fab Abs:

This class focuses on strengthening core abdominal muscles in a time efficient manner.

Tone 'n Groan:

A boot camp style class including a variety of cardio alternating with muscle toning and core stability. Great for all fitness levels.

Easy Fit:

Attention all seniors or beginners!!! This class starts off with 15 minutes of a gentle chair warm-up followed by treadmill work or floor cardio with light- weight intervals and ending with a relaxation stretch.

ABC (Abs, Balance, Core):

Focus is on strengthening the core muscles combining balance moves as well as using stability balls and floor mats.

Power Cardio:

A high- energy hi/lo impact class great for all fitness levels followed by some muscular conditioning and a relaxing stretch. All are welcome to attend!!!

Cardio Dance:

A mix of Latin, Disco, Hip Hop and Line Dancing. If you love to dance or want to learn a few new steps come and join us!!!

Tai Chi:

This class focuses on the easy to learn 24 movement set. Participants are introduced to the stances and techniques that are fundamental to the Yang style Tai Chi. Basic Qigong exercises called the 8 pieces of brocade are used for warm-up.

Belly Dancing:

Perform beautiful dance movements to Middle Eastern music while challenging your core muscles at the same time. Please bring a hip scarf or optional veil.

WATER CLASSES

Aqua Deep:

An invigorating water workout utilizing the deep end of the pool.

Aqua Intensity:

Pump up your aqua workout by adding power moves and vigorous intervals.

Forever Fit Aqua:

A forty-five minute aquafitness class featuring first class moves and awesome music.

Forever Fit Aqua Stretch:

A perfect compliment to Forever Fit Aqua! A relaxing deep muscle stretch in the warm water of the therapeutic pool.

Aqua Running:

Attention all athletes! Are you tired of training outside? Then come inside and cross-train in our beautiful pool for a fun but vigorous workout!

Aqua Boot Camp:

Challenge yourself with varying intensity intervals in boot camp style. Sure to get your energy up!

Ai Chi:

Using a combination of deep breathing and slow broad movements of the arms, legs and torso this form of Tai Chi in the water is ideal for creating improved range of motion and mobility as well as being a perfect relaxation technique for all fitness levels. Done in the therapy pool this class is also well suited for people suffering from arthritis.