



## Active Wellness Center at Reed's Crossing Group Fitness Class Descriptions

### STRENGTH & CARDIO CLASSES

#### AW STRENGTH

A full-body workout using weight plates, dumbbells, resistance bands, steps, and your own bodyweight with various movements to get you toned and fit. Get ready to feel the burn in this high rep class as you focus on strength endurance for a stronger you.

#### PUMP Your BODY

Target every major muscle group with high reps using weight plates, dumbbells and your own bodyweight. A Total-Body burn for shape and tone.

#### STRENGTH & RELAXING STRETCH

Experience a variety of exercises using light, medium, heavy dumbbells and bodyweight exercises infused with cardio, finishing with a head to toe stretch. The ultimate combination of building strength and rejuvenation.

#### TRIPLE THREAT

Energize the mind and body with the use of a variety of equipment to build strength and cardiovascular vitality with traditional and functional training methods. End your day feeling powerful and amazing.

#### TIP-TOP SCULPT

This Pilates-inspired Sculpt class is a dynamic and invigorating workout. Core-strengthening moves, full-body resistance training, and heart-pumping cardio merge to create a calorie-burning sweat session that's loads of fun!

#### REV + FLOW

REV + FLOW is a dynamic workout that's easy on joints. Sculpt your full body with resistance training movements set to music that enhances mobility and overall balance. Feel the difference with straightforward sequences to follow that challenge your body with empowering music.



## Active Wellness Center at Reed's Crossing Group Fitness Class Descriptions

### H I I T EXPRESS

High Intensity Interval Training that offers low impact and high impact for an efficient, all body workout! Gain the benefits with intense cardiovascular intervals in just 30 minutes.

### BEGINNER L.I.F.T & BALANCE

Improve functional fitness with this skills-based, total body workout, which combines strength and cardio training, stretching for flexibility, balance and agility to help develop strong bones and muscles and improve proprioception. Geared toward beginning exercisers or those returning to a regular fitness routine.

*\*optional-chairs provided*

### FUNCTIONAL FITNESS

If you're ready to build on your functional fitness foundation, this total body workout is for you! The class combines next-level strength and cardio conditioning with dynamic balance moves to build and maintain strong bones and muscles, and improve agility to enhance daily living. Geared toward beginner-intermediate exercisers.

### FALL PREVENTION | FEE BASED

Our Fall Prevention program is designed for people who are at risk of falling and/or have experienced a fall event in the past. Group classes include balance training, lower body and core strength development, and flexibility training in order to increase independence, improve fall risk awareness, and enhance the overall health of participants. Pre- and post-assessments are required.

### CORE & BALANCE

Core & Balance is a low-impact class for all fitness levels. It focuses on core muscles, not just abs, which are important for flexibility and balance, creating a strong frame for your body that will help prepare you for activities in your daily life.

### BARRE ESSENTIALS

A low-impact workout to tone and strengthen, with emphasis on the lower body, abs and arms. Improve posture and enhance mind body awareness through a dynamic range of functional based movements set to upbeat music.

*\*Beginner friendly. All levels are welcome.*



## Active Wellness Center at Reed's Crossing Group Fitness Class Descriptions

### BARRE

Move, sculpt, and strengthen your lower body with this high intensity, low-impact workout. Utilize a variety of equipment with functional exercises all set to the beat of music.

### DANCE CLASSES

#### ZUMBA

A total body, interval-style workout that blends cardio, muscle conditioning, balance and flexibility to the sounds of Latin and World rhythms. Boost your energy and metabolism with this dance fitness party!

#### U-JAM

A cardio dance experience that feels more like a house party than a workout. Join the movement right here at the club!

#### CONTEMPORARY DANCE

This intro class will teach the basics of contemporary dance. We will incorporate elements of ballet, jazz and modern dance in an accessible way that will progress from warm-up, through walking steps, basic turns, and combinations. All bodies welcome as accommodations will be provided. Come learn the joy of dancing!

#### SALSA-BACHATA

Get your hips loose and your feet moving in this Latin inspired dance class. We will learn the basics of Latin partner dances in a solo format and build those into combinations that increase balance, strength, rhythm and memorization skills. No partner needed, all skills.

### YOGA CLASSES

#### HATHA YOGA

This yoga practices proper alignment with slower, static poses utilizing breathing techniques to enhance strengthened flexibility and balance from within out.



## Active Wellness Center at Reed's Crossing Group Fitness Class Descriptions

### YOGA: TRIFECTA

This is a dynamic and energetic garland of yoga asanas (poses) designed for individuals looking to cultivate strength, flexibility, and balance. Focus is placed on disciplined stability, breath-work, proper biomechanics and alignment, including weight distribution and movement activation. This is a hard workout that will leave you feeling stronger, more energized and pliable with this dedicated practice.

### YIN YOGA

Balance the mind , body and your internal organs with a series of 3-5 min passive floor poses. Passive asanas for the lower body's connective tissues in the hips, pelvis, inner thighs, and lower lower spine.

### YOGA-SLOW FLOW

Unify the mind , body and soul with this calm flow. Connect the breath with meditative movements to draw inward and outward with longer poses that's gentle on your knees and joints. All levels are welcome.

### RESTORATIVE PRANA

A flowy Vinyasa that blends into Prana. Energize your body and mind with meditative movement and breath for wellness.

### RESTORATIVE YOGA

Experience gentle yoga offering a wider range of modifications. Focus on slowing down and opening the body and mind through passive stretching to release into deep relaxation.

### YOGA FOR KIDS

Immerse your kids into yoga with breathing exercises, fun yoga games and guided meditation.



## Active Wellness Center at Reed's Crossing Group Fitness Class Descriptions

### PILATES CLASSES

#### PILATES MAT

Strengthen your core stabilizer muscles and realign posture with efficient movement and lengthening of the body for improved balance, flexibility and coordination.

#### PILATES RELEASE & RENEW

Restore your body through a combination of targeted Pilates exercises and myofascial release techniques with the incorporation of massage balls. These compressive techniques are used to increase blood flow, and decrease muscle and joint pain by releasing muscle tightness and restrictions in the body's fascia, the connective tissue surrounding muscles and organs.

#### PILATES MAT | RELEASE & RENEW FUSION

Pilates mat exercises fused with myofascial release techniques using massage balls for opening and releasing your body for greater range of motion and increased strength.

### AQUATICS CLASSES

#### GENTLE AQUA

Experience fluid, low impact, aqua movements that are non-strenuous to improve muscle strength and joint motion.

#### AQUA AEROBICS

This low-impact, cardio class for all levels. Enhance your circulation, experience more range of motion while building strength and endurance with the water as your resistance. Finish feeling refreshed and energized.

#### HYDRO-FIT

This water workout combines cardiovascular-aerobic fitness and endurance while being gentle on joints. It strengthens, tones, and increases blood flow to muscles using hydrostatic pressure. You'll also enjoy improved movement, stability, and coordination with this energetic water exercise class.



## Active Wellness Center at Reed's Crossing Group Fitness Class Descriptions

### S.M.I.L.E

Slower movements, intensity, and low impact exercise in the pool provides a fun and beneficial workout for all levels.

*\*therapy pool*

### AQUA GROOVE

Fluid dance format to transport your workout with creative movement that energizes!

*\*therapy pool*

### HYDRO-POWER

Use the water's resistance to build cardiovascular, aerobic fitness with the benefits of a low impact workout. Increase flexibility, strength, and endurance with this fun class!

## CYCLE CLASSES

### CYCLE

A 50 minute ride specifically designed to take you on rolling hills with changes in resistance and intensity, coaching you to the sound of heart-pumping tunes. A cardiovascular workout that you can customize to your own fitness level.

### H I I T CYCLE

Build your cardiovascular endurance and strength with high intensity, interval training using RPM, Wattage & FTP fitness estimates to track results all in a 30 minute ride.

### CYCLE EXPRESS

A 30 minute introductory ride. Your instructor will guide you through speed, resistance, and intervals. Experience a low-impact workout that's fun and effective, all in 30 minutes.

### REP N' RIDE

A blend of rhythm and cycle, alternating with resistance bands off the bike for a total-body workout.