

# Group Fitness Classes

Visit website for schedule and descriptions.  
Specialty classes require registration.

## INCLUDED BASE CLASSES

ACTIVE AGERS BODY CONDITIONING  
ALIGNMENT YOGA  
BEAT BASED CYCLING  
BEGINNER PILATES **NEW!**  
CARDIO FIT  
CORE & MORE  
GENTLE YOGA

GUIDED STRETCHING  
HATHA YOGA  
HIIT  
NIA DANCE  
POWER CORE FLOW YOGA  
SILVER & FIT EXPERIENCE  
SILVER SNEAKERS CLASSIC

SILVER SNEAKERS YOGA  
SUNRISE VINYASA YOGA  
TRX SCULPT & STRETCH  
UPBEAT BARRE  
WERQ

## ADD-ON SPECIALTY CLASSES

The classes listed in this section require the **Specialty Class add-on for \$30/month**.  
Registration is required. Members with the add-on have access to ALL Group Fitness classes.

AQUA  
AEROBICS

AQUA CARDIO  
& STRENGTH

AQUA BODY  
STRONG BOARD

AQUA  
ZUMBA

HYDRORIDER

BODYPUMP

LIT  
Low Intensity  
Training

ADVANCED  
PILATES

INTERMEDIATE  
PILATES

MIXED LEVELS  
VINYASA YOGA

**NEW!**  
PILATES  
REFORMER

QIGONG

RIDE & TONE

**NEW!**  
SOUNDBATH

ZUMBA

Class offerings subject to change.