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**Group Exercise Classes** January, February, March

- **Beginner**
- **Intermediate**
- **Advanced**
- **Prenatal**
- **Bring a Mat**
- **30-minutes**

**Small Group Classes**

- **12-Class Pass:** Member $216/Non-member $300
- **Unlimited Month:** Member $115/Non-member $185
- **Drop-in:** Member $25/Non-member $30

**Flow Motion**

- Work out on the water using the Flow Motion Fitness Mat. Maximize your core strength, balance and flexibility all while having a blast.

**TRX® Suspension Training**

- Suspension training load focuses on developing strength, balance and core stability.
- TRX training leverages gravity and your body weight to complete hundreds of functional exercises. You can control how much you want to challenge yourself by adjusting your body position on each exercise.

**Pilates Allegro Reformer**

- Get ready to stretch and sweat. Our instructors will provide guidance on the reformer carriage to ensure each workout session fits your individual needs and goals. Additional fee applies.

**Call 225-924-8300 for more information or to schedule your sessions.**
Aqua Fitness AB M, Tu, W, F, Sa
Combines cardiovascular and strength training in deep/shallow water with or without flotation devices for a low impact, joint-friendly total body workout.

Aqua Pilates for Arthritis AB Tu, Sa
Pilates exercises performed in warm water focused on breathing and proper form to increase range of motion.

Aqua Tone AB M, W
A toning class using a variety of aquatic equipment.

Barre AB M, W, F
Effectively strengthens, tones and balances the entire body using toning and resistance exercises followed by stretching to create long, lean muscle without bulk. Class size is limited to 15 participants.

Beginning & Prenatal Yoga AB Tu
This class focuses on basic yoga poses and breath with movement. Improve posture, endurance, flexibility and body alignment. Adaptable for beginners, those who are pregnant and those who want to enhance flexibility and mindfulness.

Body Fusion AB M, W
Strengthens your muscles and improve your stamina in this dynamic and fun class. Work most major muscle groups using an array of fitness equipment in this fusion of cardio and strength exercises.

Breath & Connect AB M, W, Th
Practically work and meditation to come into the center of your being followed by a guided meditation to restore the body and clear mental clutter.

Cardio Kickboxing AB M, Tu, W
Put on your boxing gloves! This class combines a mix of cardio options, including traditional boxing and kickboxing moves with core training.

CardioLates AB Tu, Th
Integrates a collection of cardio exercises with Pilates movements to challenge your heart and core.

Chair Yoga AB W, Sa
Using a chair chair (or support or support), this gentle yoga class provides all ages and body types with the unique opportunity to cultivate better breathing skills, improve flexibility, balance and posture as well as reduce stress.

Circuit AB Sa
Gives you an “all-in-one” fast-paced workout, incorporating advanced aerobic choreography on the floor or the steps, interval training, cardio and strength exercises using a mix of equipment.

Clubs AB M, W
Designed for women age 55+. Uses a variety of movements to improve cardiovascular conditioning, posture and balance.

Cycle 360 AB M, W, Th, Sa
 Requires sign up through Women’s Fitness App
Clip-in bike shoes not allowed.

This class combines the aerobic work of indoor cycling with OFF the bike strength and core work, allowing riders to get the best of three formats in a single class.

Fab @ 50+ AB
Circuit M, Cardio, W, F
Several formats for the needs of older women.

Fab @ 60+ W
Safely challenges women age 60+ with 30 minutes of low-intensity exercise and 15 minutes of balance and functional strength exercises.

Fit After Baby AB M
New moms and babies, join us for a restorative workshop with a focus on functional movement and managing activities of daily living with your baby. Babies will be held in a carrier or sлинг for the duration of the class.

Fit for Birth AB Tu, Th
Prenatal strength training for birth using contraction-based interval training, corrective exercise and specific core and pelvic floor rehabilitation exercises.

Functional Abs AB M, W
Functional exercises performed standing, seated and on the floor to constantly challenge and engage your core.

Functional Core Yoga AB Th
This class aligns the mind, body and breath while exploring one particular body area or posture by tapping into body awareness to strengthen, stabilize or soften key functional core areas such as the pelvic floor, spine and glaciers.

Gentle Yoga AB Tu
Learn alignment principles that improve posture and stimulate relief from chronic pain and injury. This class modifies simple movements coordinated with breathing and offers techniques to use in daily life.

H20 Athletics AB M, Tu, W, Th, F
This warm-water class uses the Arthritis Foundation guidelines and format. Class size is limited to 25 participants.

Hatha Flow Yoga AB W
Strengthens your body, create mindfulness and inner peace by practicing advanced poses in unison with pranayama (breath). Incorporates beginning poses, vinyasas and stretching. Appropriate for all levels; modifications are made during practice.

H.I.I.T. AB M, Th
This High Intensity Interval Training (HIIT) class breaks through your plateaus by combining short bursts of high intensity cardio with lower levels of strength and balance training.

H.I.I.T. the Step AB
High Intensity Interval Training (HIIT) combined with challenging step choreography.

Indoor Cycling AB M, Tu, Th, Sa, M, W, W, Th
Interval training and recovery. Our special recipe of speed work, endurance and interval cycling. Class size is limited to 17 participants. Precedes 5 minutes early for your first class bike set up.

Intro to Indoor Cycling AB
A 45-minute session where new or returning riders will learn and get comfortable with the basics of indoor cycling bike set up and technique.

Max Plates AB M, Tu, W, Th, F, M
Improve core control, coordination, standing alignment and balance.

Morning Yoga AB Tu, Th
Begin the day with this playful connection of yoga poses designed to help you find your best alignment.

Nia® AB M, W, F, Sa, Sn
Neuromuscular Integrated Action (Nia®) is a complete body, mind and spirit fitness exercise that integrates healing, martial and dance arts.

NewPilates AB Tu
A non-stop, cardio class focusing on Pilates, boxing and dance that will push you past your limits for a powerful workout.

NEW P-R-O
Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of dance. Offers a fat-burning, low-impact workout that leaves you looking long, lean and defined.

Power Yoga AB W, Tu, Th, Sa, Sn
Ashtanga yoga builds strength, endurance and flexibility while relieving stress.

Pump AB Tu, W, Th, F
Intense strength training focusing on advanced techniques to maximize your strength.

REFIT® AB Tu, Th
Combines several elements of fitness into one powerful-packered hour. While the focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into this fusion class.

REV-FLOW by REFIT® AB M, W
REV-FLOW by REFIT® is a high intensity, low impact workout designed for everyone. Although it is movement to music, this is not a cardio dance class. Movements are slower, easy-to-follow and highly modifiable whether higher or lower intensity is needed.

Slow Flow Yoga AB M
A slow-paced sequence of poses that links breath with movement. Slow flow gives attention to skillful alignment, deepening the stretch and stamina of each pose, and calming the body and mind.

Soul Grooves AB Sa, Sn
Soul Grooves® is a cardio workout that includes varied choreographed dance routines and inspires people to get fit and feel healthier all while having fun.

Step AB M, W, F, F
Step choreography that includes turns, jumps and twists with directional and tempo changes.

Strength and Balance AB Tu
Improve posture and movement with exercises and stretches for those of any age age 60+.

Strength in 30 AB
This class combines heart-pumping music with resistance training exercises for 30 minutes of calorie-torching fun! This whole body workout emphasizes strength and endurance.

Strength to Stretch AB
A 35-minute weightlifting class that focuses on learning proper form and techniques followed by 20 minutes of flexibility exercises.

STRETCH AB Tu, Th
Learn to gradually and gently lengthen muscles to increase range of motion and flexibility. Proper stretching techniques learned in this class can result in more fluid movement and carry over into other classes.

STRONG by Zumba® AB Th, F
Combines body weight, muscle conditioning, cardio and plyometric training movements synced to original music that has specifically designed to match every single move. STRONG® 30+ packs a challenging total-body workout into 30 minutes.

Swappa® Yoga Basics AB M, W, W
Swappa® Yoga Basics Yoga Nidra and restorative yoga both integrate a unique variety and combination of poses to provide a rejuvenating mind/body experience. Each class includes breath work and meditation. Regular practice reduces chronic pain and lowers stress levels.

Tai Chi Level 1 AB Tu, Th
Generate new neuronal pathways as you learn the basics of Tai Chi and section 1 of the form. Visual, auditory and kinesthetic teaching is given on focused attention, balance and weight shifting. Take your time, finding ease in the practice.

Tai Chi Level 2 AB Tu, Th
Tai Chi Level 1 prerequisite. Continue to learn and perfect this Chinese art, experiencing all 3 levels of the form. Participants are always encouraged toward a finely tuned mind-body consciousness and well being.

Yinasa Yoga AB M, F
Expect to warm and open your body through a variety of yoga postures linked to the mindful rhythm of breath. Modifications will be provided to make practices within their own ability.