

### **AQUA INTERVALS**

Maximize your workout and try a new spin on cardio, strength, and core intervals with this 30 minute class.

### **AQUA FITNESS**

Dive into this cardio and conditioning class that incorporates the latest and wettest aqua based exercises into a joint friendly high energy water workout. Experience a tidal wave of water exercise that combines aerobic and resistance intervals. Water shoes are optional.

### **CARDIO BLAST**

Engage in high intensity exercise with this class that combines aerobics with muscular endurance training. Have fun and break a sweat while you bring your cardiovascular and strength workout to a new level!

### **FITNESS 101**

Improve strength, endurance, and joint flexibility with this lower impact class that includes cardiovascular and strength training. Enjoy a technique driven total body workout designed for even the most novice exerciser.

### **FITNESS FUSION**

Get stronger and leaner with this class which combines cardiovascular endurance, muscular endurance, and muscular strength exercises in an effort to engage all major muscle groups. This class always has something new, so you never know what you'll be doing next!

### **FLUID MOVES**

Get in the water and improve activities of daily living. Enhance cardiovascular endurance, muscular endurance, muscular strength, range of motion, flexibility, and balance through soothing movements. These classes are perfect for individuals who have arthritis and/or are just beginning an exercise program. Classes are held in the therapy pool.

### **GENTLE AEROBICS**



Through a combined use of floor routines, step aerobics, light weight and Pilates, aerobics participants enjoy the option of a regular workout designed for low impact aerobic activity. This low-intensity class is tailored to meet the individual needs of participants.

### **HIP HOP STEP with Maria**

Pop 'n' roll to beats from the 80's – today's country hits and everything in between. Improve your fitness levels while you bump and shake to this upbeat dance step class.

### **INTERVAL TRAINING**

Improve endurance with this low impact class that includes cardiovascular and strength training. All fitness levels are welcome.

### **LIVING STRONG**



All fitness levels are welcome to join this low impact, low-intensity modified strength training class. Benefits include increased muscle mass, strength, flexibility, and endurance. Participants also experience increased self-esteem, a sense of control, and an improved quality of sleep. No previous experience needed.

### **SPIN & LIFT**

Take your spinning experience to the next level with core and resistance training. The 45 minute class offers spinning and strength training. All fitness levels welcome.

### **TOTAL BODY CIRCUIT**

This high intensity interval class mixes body weight exercises with cardio and strength training in a way that will test your dynamic fitness. We want to keep you guessing and challenge you differently every class!

### **TURBO KICK**

Experience the ultimate cardio-kickboxing class, inspired by mixed martial arts. No bags or gloves. High energy workouts that will burn calories with boxing and kickboxing combos to the hottest music for a dance party feel.

### **WALKING FIT**

Not your ordinary walk. This class will incorporate core exercises and enjoying the outdoors. All fitness levels are welcome.

### **WELLNESS 30/60**

Wanting to try the Wellness Center on the Methodist and/or Pekin campus free of charge? Try this 30 or 60 minute workout with an exercise specialist. Includes cardiovascular and strength training. All fitness levels welcome.

### **YOGA FITNESS**

Fluid yoga for all levels of fitness with a focus on balance, flexibility, and strength.

### **ZUMBA®- FITNESS ( Starts 7/17/18)**

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Body-energizing, awe-inspiring movements meant to engage and captivate for life!