

### **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.

### **DEEP WATER AEROBICS**

30 minute class in the deep water well at the Methodist Wellness Center. Flotation noodles and belts may be used for this total body workout. All fitness levels welcome.

### **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.



### **ZUMBA/POUND**

Enjoy this 1 hour class that consists of 30 minutes of Zumba and 30 minutes of Pound. Zumba fuses hypnotic Latin rhythms and easy-to-follow moves. Pound utilizes light weight drum sticks for a one of a kind group fitness experience.

### **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.

### **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.

### **SPINNING**

With driving music and great drills, we bring your outdoor cycling experience indoors without the barking dogs. You'll climb hills, pass riders on the flats, and maybe even do a few time trials during this non-competitive ride. Get ready to sweat, have some fun, and spin into good health! Water bottle and towel are recommended. All fitness levels are welcome.

### **WELLNESS WEIGHTS**

1 hour of light to moderate weight training class that includes use of dumbbells, kettle balls and bands. All fitness levels welcome.