

## ***PA FITNESS CLASS DESCRIPTIONS***

**STRONG & SWOLE** - *STRONG & SWOLE* is a Full body Barbell workout to get you LEAN, TONED, & FIT! - Our *PA FITNESS* instructors will motivate and inspire you to reach your highest potential! With a great selection of music and moves, you'll be **STRONG, SWOLE, AND FIT** in no time!

**TOTAL WAR! KICKBOXING** - *TOTAL WAR!* is an intense and highly energetic NON-CONTACT martial arts-inspired class from *PA FITNESS*. Variations on Punches, Kicks, and more help you burn in excess of 500-600 calories on average per class! - No experience needed. Learn moves and styles inspired by Karate, Boxing, Kung Fu, and more! PUSH YOURSELF and Be Your Own CHAMP. Throw Down and LEVEL UP with *PA FITNESS TOTAL WAR!*

**SPIN/CYCLE** - *SPIN* is a highly effective way to build cardiovascular strength and endurance. Designed for ALL AGES and ALL FITNESS LEVELS, SPIN offers 45-60 minute rides with fun, energizing music from our *PA FITNESS* instructors. Get your heart pumping and the sweat pouring while burning away calories!

**YOGA** - Postures practices designed to increase strength, energy, and flexibility. *PA FIT YOGA* connects breathing & movements - uniting the mind, body, and spirit to help sooth the soul and imprpove mental as well as physical fitness.

**FUEL** - *FUEL* is a full-body, high intensity interval training (HITT) class that combines strength training and cardio in a 45 minute class. - Participants work to capacity, moving from station to station in one minute intervals. Equipment includes dumbbells, bands, kettlebells, steps, ropes, slam balls, and more - utilized in a variety of fun and exciting ways!

**AQUAFIT** - *AQUAFIT* is a challenging water workout for EVERYONE, especially those with joint ailments or injuries. The class begins with a gentle warm-up in our pool's 85 degree water. From there, you'll ease into the exercises using your own body weight as well as with water resistance dumbbells and more!

**SILVER SNEAKERS YOGA** - *Silver Sneakers Yoga* will move your entire body through a complete series of seated and standing YOGA poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.

**SILVER & FIT** - This class creates a fun-filled social environment that's accessible to all, regardless of

current fitness level. Focusing on increasing flexibility, joint stability, balance, coordination, agility, reaction time, muscular strength, and cardiovascular endurance. This class allows you to progress at your own pace using chairs, resistance bands, dumbbells and more partnered with fun cardio walks, agility exercises, and motivating music from our *PA FITNESS Silver Sneakers* instructors! - All equipment provided.

**SILVER SNEAKERS CLASSIC** - *Silver Sneakers Classic* focuses on strengthening muscles and increasing range of movement for daily life activities. Participants use hand-held weights, elastic tubing with handles, and a *Silver Sneakers* ball. Often a chair is used for seated exercises and standing support.

**ZUMBA GOLD** - *Zumba Gold* is a modified *ZUMBA* class for active older adults that recreates the original moves you love at a lower intensity. The design of the class introduces easy to follow **ZUMBA** choreography which focuses on balance, range of motion, and coordination.