

GROUP EXERCISE CLASSES FREE TO ANNUAL MEMBERS

IMPORTANT INFORMATION FOR GROUP EXERCISE CLASSES:

- General fitness classes are **FREE** to Annual Members.
- Specialty classes have an additional fee.
 - ◊ Class fee must be paid before attending classes, bring receipt of payment for class admittance.
- Participants may register two weeks prior to the start of any program except cycling.
 - ◊ Cycling registration per class opens one week prior to the class.
- Instructors and class times are subject to change, based on availability and number of participants.
- Classes are held in our Wellness Room unless otherwise noted.
- Must be ages 14 & up to participate in a General Fitness Class.
- Not all classes are year round; some depend on the season and instructor availability.

SEE CLASS SCHEDULE FOR CURRENT CLASS OFFERINGS. Schedule is subject to change.

Please contact our Front Desk at 207.338.4598 for most up to date class listings (i.e. cancelations). You can also pick up a copy from our Front Desk.

360 *60 minutes*

Start your day out right with a workout that will give you energy all day! 360 is an all round fitness experience that combines strength, cardio, and core training in a non-choreographed environment. You will have the ability to pace yourself or challenge yourself, as these exercises can be adjusted for all fitness levels.

Bellydance Workout *60 minutes*

Our 60-minute beginning belly dancing class is great way to get a workout in while having fun! Join an actual belly dancer and learn to move like a pro. A great class for beginning, intermediate and advanced fitness levels.

Body by Hoop *30 minutes*

Come learn how to use a weighted hula hoop to whittle your waist & tone your thighs & arms in a fun exercise workout! Judith Tingley, owner of Hoopmainiac, will provide her locally made hula hoops. They will be for sale for \$20 a hoop. This class is FUN, so come and give hooping a try. For all teens and adults, guys & gals.

Cardio Fusion *60 minutes*

This class is geared towards individuals who want an energetic hour of cardiovascular exercise that will leave you feeling strong and invigorated. Workouts will include step, hi/low aerobics, kickboxing, intervals & sculpting.

Cardio Step *60 minutes*

A high-energy aerobic workout using a step platform, ab work and stretching.

Circuit/Interval Training *60 minutes*

Raise your heart rate with a mix of step aerobics, strength training, ab work and stretching.

Core Training *30 minutes*

Core Training includes components of balance and stability, abdominal and lower back work, and all the muscles of the trunk as well as your glutes and thighs. A total body workout in a limited amount of time!

Dynamic Definition *60 minutes*

Participate in a class offering a variety of effective formats incorporating the use of a step, tubing, weights and balls. Work your entire body in full range resistance exercises that increase strength, muscle tone & flexibility.

Entry Level Yoga *60 minutes*

A low-key approach to breathing, movement, balance, and flexibility combining mat and standing poses. Emphasis on present moment and body awareness.

Forever Fit *60 minutes*

A great class for Active Older Adults. The instructor will lead you in low-impact aerobic movements that include work for all major muscle groups addressing cardio & muscular endurance, balance and coordination. This class is also great for beginners or returning exercisers.

Going Strong 30 minutes

Formally Balanced Fitness; same great class, new name! A total body workout combining elements of cardio, muscle conditioning, balance and flexibility.

Good Morning Yoga 60 minutes

An all-levels class, beginners welcome!

Hatha Yoga 60 minutes

An all-levels class that stresses safe alignment and balances strength with flexibility.

HIIT 30 minutes or 45 minutes

High intensity interval training is a form of interval training, an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise. These short and intense cardiovascular exercises provide improved athletic capacity and it is the ultimate way to maximize your workout in a very limited amount of time!

Interval Training 60 minutes

Raise your heart rate with a mix of step aerobics, strength training, ab work and stretching.

Pilates on the Mat 60 minutes

Learn creative ways to isolate, strengthen and stretch every muscle of the body in a functional and effective way. Pilates mat exercises will enhance core strength and promote flexibility and muscular control.

Pilates/Yoga Fusion 60 minutes

No prior Pilates or Yoga experience necessary. This class, using a stability ball, combines the core-strengthening and breath work of Pilates with focus on alignment and full-body awareness of Yoga.

S.A.I.L. (Stay Active and Independent for Life) 45 minutes

Join the fun! Stay active and meet new friends. By participating in SAIL, you will be joining a safe, proven exercise routine that will boost your energy, promote good balance and increase your mobility. It works! Regular participation in SAIL classes will improve your strength and balance, you will feel better, improve your quality of life, reduce your risk of falling, help maintain your independence & you'll have fun! These exercises can be modified for individual needs and any fitness level & *the program can be done standing or sitting.*

Simple Conditioning 45 minutes

Simple Conditioning is a beginner level class that focuses on strength and balance. This class is safe for everyone; exercises can be modified for individual needs at any fitness level, and the program can be done standing or sitting! Attending this class will boost your energy, promote good balance, and increase your mobility. Come join the fun!

Tai Chi 60 minutes

Tai Chi is a wonderful activity for all ages. Tai chi is based on nature; its gentle flowing movements contain an inner power which strengthens the body and mind. Scientific studies show that the practice of Tai Chi improves, and prevents, almost all chronic conditions including arthritis, heart disease, and diabetes. In addition, it improves balance, immunity, and reduces stress. In fact, Tai Chi improves practically every aspect of health.

Yin Yoga 75 minutes

This practice is designed to help you sit longer, and more comfortably, in meditation by stretching connective tissue around the joints (mainly the knees, pelvis, sacrum and spine). A passive practice, Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper levels of fascia.

Vinyasa Flow Yoga 60 minutes

Using the combined art and wisdom from Yoga, Physical Therapy, Pilates and Dynamic Stretching, this class offers a fresh perspective on functional fitness. With an emphasis on improving core strength, balance, coordination, range of motion, breath awareness and mind body proprioception.

Zumba® 60 minutes

Dance steps are taken from salsa, cha cha, samba, tango, merengue, add hints of flamenco, calypso, hip-hop and belly dancing in a workout routine to Brazilian, Latin and Island rhythms.

Zumba Basic 45 minutes

The lower impact, easy to follow, Latin-inspired dance fitness party that keeps you in the groove of life! It was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically.