

SUMMER 2018

GROUP FITNESS CLASS DESCRIPTIONS

Total Body Sculpt: All over workout using a variety of equipment. Hula Hoops, weights, bands, slam balls, fit balls, step benches etc. Ever changing and always fun!

Stretch, Meditation, Relaxation: Take some time to downshift and simply chill. Gentle stretches, meditation and relaxation to help your body & mind de-stress.

Yoga: Basic yoga class geared towards people with a general knowledge of yoga and the basic poses. Sun salutations, warrior, downward facing dog etc. A bit of stretching, a yoga sequence and savasana make up this one hour class.

Men's FFG: "Fitness and Flexibility for Golf": This is a men's only fitness class to stretch & strengthen muscles. Enhance and help to improve your golf game and feel better too.

Water Aerobics: Splish splash it's a blast! Enjoy the beautiful weather, get fit and have fun while doing it. This one hour class gives you a total body workout using the waters resistance to tone and strengthen.

Gentle Yoga: Stretching and gentle on the joints yoga poses with meditation & relaxation to end the class.