





# Del Norte Group Exercise Class Descriptions

Group Exercise Classes	Class Name	Category	Class Level	Description
	<b>Ab Blast</b>	Strength	All Levels	A class to help tone your abs and develop core strength. <b>30 Minutes</b>
	<b>Arthritis Tai Chi</b>	Mind/Body	Seniors, All Levels	Ancient martial art with modifications for arthritis sufferers. Easily modified to perform in a chair. Co-sponsored by the Arthritis Foundation. <b>45 Minutes</b>
	 <b>BODYPUMP</b>	Strength	All Levels	Group strength and endurance training class using barbells. Adjustable for all levels. The "fastest way in the universe to get in shape".
	 <b>BODY VIVE</b>	Cardio/Strength	All Levels	Low-impact class integrating cardio and resistance intervals with stretching and mobility work, all set to popular songs of the 60's and 70's. Perfect for active adult exercisers and can be modified for beginners.
	 <b>LES MILLS BODYATTACK</b>	Cardio/Strength	All Levels	High energy interval training class combines athletic aerobic movements with strength and stabilization exercises.
	<b>Fencing</b>	Mind/Body	All Levels	Using the technique of Classical Fencing and the French Foil, this martial art develops strong lean muscles, flexibility, hand-eye coordination and mental agility.
	<b>Body Blast</b>	Cardio/Strength	All Levels	Intervals of cardio drills, strength training, balance and core stabilization using balls, weights, bands, steps and BoSUs. <b>45 Minutes</b>
	<b>Pilates Mat</b>	Mind/Body	All Levels	Pilates class focusing on alignment, correct posture, and core strength to develop a lean, toned, and defined body shape. <b>45 Minutes</b>
	<b>Stable &amp; Strong</b>	Strength	Seniors, All Levels	Overall strength and balance workout designed specifically for the needs of senior exercisers. <b>Arthritis Foundation Approved. 45 Minutes</b>
	<b>Tai Chi</b>	Mind/Body	All Levels	Ancient martial art conditioning class focusing on concentration, strength, coordination, relaxation, balance, and flexibility.
<b>Yoga</b>	Mind/Body	All Levels	Refresh mind and body with classic class using easy-to-follow poses and combinations. Helps increase flexibility, concentration, and relaxation.	

Aquatic Fitness	Class Name	Category	Class Level	Description
	<b>A-A-A</b>	Aqua	All Levels	Anti Aging Aqua - Water is the fountain of youth! This is a great beginner class emphasizing cardiovascular improvement and flexibility.
	<b>Aqua Circuit</b>	Aqua	All Levels	Circuits composed of cycles of cardio alternated with cycles of muscle strengthening with equipment. A classic aqua workout for everyone. <b>*Includes jumping and treading.</b>
	<b>Aqua Combo</b>	Aqua	All Levels	A variety of styles, intensities, and equipment designed to provide a great workout every time. <b>Saturday class 9-10:15am</b>
	<b>Aqua Power</b>	Aqua	All Levels	Learn how to add power to basic water moves and burn calories in the large muscles. Whole body strength training and stretching also included.
	<b>Aqua Rx</b>	Aqua	Low Intensity	Just what the doctor ordered. A gentle mix of walking, stretching, and strengthening. Low intensity for those who need it. <b>Arthritis Foundation Approved. 45 Minutes</b>
	<b>Cardio Interval</b>	Aqua	All Levels	A great water workout to train muscles. Varying cardio intervals ensure a complete aerobic workout. Gentle stretching also included. <b>*Adds more challenging intervals.</b>
	<b>Noodle Mania</b>	Aqua	All Levels	Use the noodles to learn transitions and holds to maximize core workout. Varying intensities to regulate cardio/core training. Includes range of motion exercises to increase flexibility.
	 <b>water in motion</b>	Aqua	All Levels	Our newest aqua exercise workout that provides a low impact, high-energy challenge. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body.
	<b>Water Walking</b>	Aqua	All Levels	An active class using different travel patterns to maximize the resistance of the water. A good class for training at any level.