

Del Norte Group Exercise Class Descriptions

| Group Exercise Classes | Class Name | Category | Class Level | Description |
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| | Ab Blast | Strength | All Levels | A class to help tone your abs and develop core strength. 30 Minutes |
| |  BODYPUMP | 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". |
| |  BODYVIVE | Cardio/Strength | All Levels | BODYVIVE is the optimal mix of cardio, strength and core training. Set to great music, it will leave you fizzing with energy and feeling fantastic. |
| |  LES MILLS BODYATTACK | Cardio/Strength | All Levels | High energy interval training class combines athletic aerobic movements with strength and stabilization exercises. |
| | Boot Camp | Cardio/Strength | All Levels | Bootcamp combines traditional calisthenic and body weight exercises with interval and strength training. Participants can work at their own level while being challenged to get stronger, faster, and fitter. |
| |  LES MILLS COMBAT | Cardio/Strength | All Levels | BODYCOMBAT is a high energy martial arts inspired workout that is totally non contact. Punch and kick your way to fitness and burn up to 740 calories in a single class. |
| | Body Blast | Cardio/Strength | All Levels | Intervals of cardio drills, strength training, balance and core stabilization using balls, weights, bands, steps and BoSUs. 45 Minutes |
| | HIIT | Cardio/Strength | All Levels | High intensity interval training incorporates bursts of intensity followed by short rests to improve your cardiovascular fitness and athletic performance |
| | Pilates Mat | Mind/Body | All Levels | Pilates class focusing on alignment, correct posture, and core strength to develop a lean, toned, and defined body shape. 45 Minutes |
| | Stable & Strong | Strength | Seniors, All Levels | Overall strength and balance workout designed specifically for the needs of senior exercisers. 45 Minutes |
| | Tai Chi | Mind/Body | All Levels | Ancient martial art conditioning class focusing on concentration, strength, coordination, relaxation, balance, and flexibility. |
| Yoga | Mind/Body | All Levels | Refresh mind and body with classic class using easy-to-follow poses and combinations. Helps increase flexibility, concentration, and relaxation. | |
| Class Name | Category | Class Level | Description | |
| A-A-A | Aqua | All Levels | Anti Aging Aqua - Water is the fountain of youth! This is a great beginner class emphasizing cardiovascular improvement and flexibility. | |
| Aqua Circuit | Aqua | All Levels | Circuits composed of cycles of cardio alternated with cycles of muscle strengthening with equipment. A classic aqua workout for everyone. *Includes jumping and treading. | |
| Aqua Combo | Aqua | All Levels | A variety of styles, intensities, and equipment designed to provide a great workout every time. Saturday class 9-10:15am | |
| Aqua Power | 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. | |
| Aqua Rx | Aqua | Low Intensity | Just what the doctor ordered. A gentle mix of walking, stretching, and strengthening. Low intensity for those who need it. 45 Minutes | |
| Cardio Interval | Aqua | All Levels | A great water workout to train muscles. Varying cardio intervals ensure a complete aerobic workout. Gentle stretching also included. *Adds more challenging intervals. | |
| Noodle Mania | 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. | |
|  water motion | 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. | |
| Water Walking | 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. | |

Aquatic Fitness