

CLASS DESCRIPTIONS

ABS & CORE (30 min) Cut to the Core is packed full of core-focused exercises that aim to improve the way you feel and live. This all-new core workout defines your abs, strengthens your back and improves your posture for a healthier lifestyle. Challenge your core like never before as you improve your balance & strength.

FLEX & STRETCH (30 min) A relaxing class that combines breathing, balance & stretching to improve flexibility, body alignment and soothe stiff joints and tight muscles.

HQ EXTREME (45 min) utilizes highly effective physical fitness techniques guaranteed to challenge & improve the body. An intense program designed to give an extra push to achieve fitness goals.

JUNIOR FIT (45 min) introduces children ages 9–12 to stretching routines, exercise equipment, proper techniques, and overall fitness. Four week program - Members \$35 | Nonmembers \$45

TEEN FIT (45 min) teens ages 13–18 enjoy timed challenges, workout stations, and conventional/nonconventional exercise equipment. Four week program - Members \$45 | Nonmembers \$55

LINE DANCING (60 min) Cardiovascular workout incorporating fun line dances.

RISE & TONE (30 min) A varied strength training session to build muscle and develop strength and endurance.

SILVERSNEAKERS CIRCUIT (45 mins) Standing circuit workout to increase cardiovascular and muscular endurance using hand weights, elastic tubing with handles, and a SilverSneakers ball, and incorporating non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SILVERSNEAKERS CLASSIC (45 mins) Varied exercises to increase muscular strength, range of movement, and activity for daily living skills. A chair may be used for seated/standing support.

STEP INTERVAL (60 min) A combination of traditional step aerobic moves and cardio/toning exercises arranged in an interval format. Cardiovascular training and full body toning. All fitness levels are welcome, modifications will be provided to accommodate those desiring a low impact workout.

SUPER SIZZLE(30 min) This class is designed to provide straight 30 minutes of cardiovascular exercise to help improve your overall cardiovascular endurance.

TONE IT UP (30 min) This class is designed to provide 45-60 minutes of strengthening and toning along with burst of cardio mixed in to help improve your overall endurance. Great for all fitness levels!

20/20/20 (60 min) 20 minutes of Step, 20 minutes of Kick Boxing, and 20 minutes of Body Sculpting all in one class.

Walk 15® (30 min) Walk 15® features low impact, aerobic-style easy & effective exercise. A quick warm-up with a BIG 15 minute Calorie-Burning Miles system moving right into a relaxing cool-down.

ZUMBA (45 min) Cardiovascular workout using creative movements including Latin dances, Hip Hop grooves & FUN Energetic Dances to get your heart pumping and body sweating! Join the FUN!!

Classes listed BELOW have limited spots available, please call a day ahead to reserve your spot. 919-938-7581

AQUA MOTION (45 min) Exercises for all levels to increase endurance, strength and flexibility. Class held in the LAP POOL.

JOINT ACTION (45 min) Warm water exercises to keep joints moving and improve flexibility, strength, coordination, endurance and mobility for individuals with arthritis, fibromyalgia or other musculoskeletal problems. Class held in the THERAPY POOL. This class is a designated Silver&Fit exercise class.

WATER WORKS (45 min) A fun and energetic class for all fitness levels that's that increases endurance, strength and flexibility. Class held in the LAP POOL.

CYCLING (30 - 40 min) Group cycling session to improve cardiovascular endurance. Classes are held in the cycle room.