

GROUP EXERCISE CLASS DESCRIPTIONS

	<p>Arthritis? Joint Problems? This class is geared more for seniors or others with arthritis. The non-impact water workout will help to relieve joint pain and stiffness as well as improve muscle strength and endurance, and increase flexibility. Program participants will be led by Beth Brown a physical therapist with Physical Therapy Associates who will adapt your workout to suit your needs. This class is FUN!</p>
	<p>Zumba is a feel happy workout that is great for the mind and body. Zumba combines motivating music with unique moves along with a toning session that melts away the pounds.</p>
<p>LIQUID CARDIO</p>	<p>Looking for a fun-filled workout? Water aerobics is the answer! This class provides an opportunity to get “wet & wild” in the water. Great music and lively instructors help you tone and work your whole body.</p>
<p>BOOT CAMP</p>	<p>Only have one hour to work out this is the class for you. Come and jump, run, perform pushups and plyometrics all in one hour. If you’re up for the challenge try out our Boot Camp.</p>
<p>Deep Water Aerobics</p>	<p>This class is great for physical conditioning obtained by using water as resistance. Muscles will be toned and strengthened without the aches and pains sometimes experienced after exercising on dry land. Participants should feel comfortable in water and be prepared to get wet!</p>
<p>POUND</p>	<p>Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.</p>
	<p>715-445-2411 – ext. 1501 Classes rotate on a monthly basis and instructor availability. Interested in becoming an instructor talk to Tim or Cheryl.</p>

