


Group Exercise Class Descriptions

 <p>Aquatic Exercise Therapy</p>	<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</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>Circuit Training</p>	<p>A total body workout! This class alternates between cardio and intervals and muscular strength and endurance exercises. It is a simple yet effective routine guaranteed to get your blood pumping! Discover the fitness benefits while working your body into better shape!</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>

715-445-2411 – ext. 317

Classes rotate on a monthly basis and instructor availability