### Sweat Group Exercise Descriptions

#### Cardio & Dance
- **Cardio Step**: Cardio dance based class on and around the Step! More than Just up up down down. (All Levels)
- **Zumba**: Cardio dance workout incorporating Latin music and dance moves improving cardiovascular and attitude! (All Levels)
- **Flirty Girl Booty Beat**: Lift your spirits and bring out your inner diva. Take the worlds sexiest dance moves from music videos, club dancing, exotic dancing and turn them into fast, fun, fat burning routines anyone can do! (All Levels)

#### Strength Training & Conditioning
- **Pilates**: A blend of Ashtanga, Iyengar and Bikram styles of Hatha Yoga which will build strength, stamina and total body conditioning. (All Levels)
- **Yoga Basics**: Learn the fundamental postures and movements that will introduce you to the practice of yoga. You will learn the basics of Ashtanga (power yoga), Iyengar (alignment and precision), and Vinyasa flow (creative sequencing). Class will move according to fitness/ability of group. (All Levels)
- **Yoga Basics**: Align body and mind with your inner divine. Using the Universal Principles of Alignment focus on breath, alignment, and postural awareness in this fun, heart oriented approach to yoga. Based on the Anusara System of Yoga (rooted deep in the Iyengar Tradition) develop strength, flexibility, balance, core stabilization and body breath awareness. (All Levels)
- **Ring Side**: Intervals of boxing, kickboxing (both on the floor and on the "Fat Boy"), combined with strength training exercises and cardiovascular drills make this a challenging cross training class. (All Levels)
- **Kick Boxing**: Martial Arts based cardio class incorporating various punches and kicks from various martial art disciplines (All Levels)
- **Note**: We do offer boxing gloves for your use. If you like Boxing class and find yourself taking class repeatedly, may we recommend purchasing and bringing your own gloves to class.

#### Definitions
- **Cardio & Dance**: A blend of cardiovascular conditioning exercises designed to target individual muscle groups; strengthening, toning, and defining; working both aerobically & anaerobically. (All Levels)
- **Strength Training & Conditioning**: A combination of aerobic conditioning and strength training for all levels that bring variety to your fitness regiment. Instructors design your workout using a combination of cardiovascular and strength training exercises. (All Levels)
- **Endurance**: The measure of a person’s stamina or persistence; the ability to endure intense challenge. (All Levels)
- **Power**: A continuous flow of intense cardiovascular conditioning exercises designed to target individual muscle groups; strengthening, toning, and defining; working both aerobically & anaerobically. (All Levels)
- **Group Power**: Group Power is your hour of power. This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating, group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power. (All Levels)
- **ABS Solution**: The intense abdominal workout solution for all levels that focus on toning and defining abdominals- helping to maintain good posture and a healthy back. (All Levels)
- **Architect my Body FX series**: Wellness Architect Pete (FX) Mattis architects a mindful approach to fitness for body mind heart & soul from insideOUT. Attitudes Actions & Alignments learned in class will vibrate universally out of class- in sports fitness, daily function, LIFE! (All Levels)
- **Yoga FX**: Inspired by Architecture, Asana, Meditation, this playful practice focuses on celebration, revelation, foundations and fundamentals of Yoga and LIFE! (All Levels)
- **Warrior FX**: Inspired by Architecture, Asana, Meditation, and Martial Arts Fitness, this high intensity cardio class focuses on punches and kicks both on and off free standing targets. Transform more than just your body… (All Levels)
- **Integrated Training FX**: Inspired by Architecture, Asana, Meditation, Athletics & Fitness; this total body, multi joint, multi planar practice develops Endurance, Strength, Power & Stability from insideOUT. Transform more than just your body… (All Levels)
- **20-20-20**: Cardiac dance based class on and around the Step! More than Just up up down down. (All Levels)
- **20-20-20**: A blend of boxing, kickboxing (both on the floor and on the "Fat Boy"), combined with strength training exercises and cardiovascular drills make this a challenging cross training class. (All Levels)

#### Functional Fit Group Training
- **25.00 per person; see front desk at each club location for additional information.

#### Yoga FX (Creative Sequencing)
- **Anusara Inspired**: Align body and mind with your inner divine. Using the Universal Principles of Alignment focus on breath, alignment, and postural awareness in this fun, heart oriented approach to yoga. Based on the Anusara System of Yoga (rooted deep in the Iyengar Tradition) develop strength, flexibility, balance, core stabilization and body breath awareness. (All Levels)
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#### POOL HOURS
- The pool is CLOSED on: Tuesdays and Thursdays from 11 – 11:45am for Aqua Motion
- Wednesdays from 12 – 12:45pm for Splash & Burn
- The pool has LIMITED Lap Lanes:
  - Saturdays 09 – 11am for Winter Swim Lesson Series
  - Mon & Wed 10 - 11am for Friends Select Swimming (June to August)
  - Tue & Thu 02 - 03pm for Friends Select Swimming (June to August)
  - Fri 0515- 06pm for Wet & Wild

#### Aqua at Arch
- **Winter Swim Sessions**
  - **Mommy Daddy & Me**: 8 Sessions; Sat 09-10am; Jan 15- March 5; $200 members/ $225 non
  - **Preschool Swim Lessons (3-5)**: 8 Sessions; Sat 10-11am; Jan 15- March 5; $225 members/ $280 non

#### Group Training
- **Functional Fit Group Training classes through Personal Training program.**
- 25.00 per person; see front desk at each club location for additional information.