

LAND GROUP FITNESS DESCRIPTIONS:

Boot Camp – This 60 minute drill-based workout will take you through exercises to sculpt your body. You will utilize a variety of equipment such as the BOSU, hand weights, tubing, and resist-a-balls and glide discs

Circuit- The instructor will put you through a total body workout by alternating between cardio and strength exercises. If you are a little intimidated by the weight room or you like working out with others, this is the class for you! (60 minutes)

CSI (Cardio, Strength, Interval) - This 60 minute class is Interval training in a group fitness format. Start your Saturday off with this upbeat and motivating class!

Cycling - The instructor will take participants through a challenging 60 minute cycling routine. This class is for avid riders, beginners and people just looking to get a great cardio workout.

FIT 360- A combination of strength training-muscular endurance and cardio which gives you a 360 degree approach to fitness.

HIIT- Class consists of cardio/strength intervals using a variety of equipment and is designed to challenge your body and give you a total body workout. (60 minutes). Instructor will coach you through each interval to help you maximize your effort and result.

HIGH Fitness- Hardcore fun class that incorporates interval training with music you love and intense easy to follow fitness choreography. Combines fun with intensity and consistency. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. Join us for some body sculpting fun!

Kickbox Fusion - Put a little kick in your workout! This 60 minute class is designed to improve strength and stamina by incorporating high intensity cardiovascular training with strength training.

Kickbox Interval – Integrate cardio, strength and core in this innovative cardio kickboxing combo class. Core moves are performed in quick intervals to keep you engaged, motivated and challenged.

Pilates - A series of low impact exercises to strengthen the body's powerhouse/core (Abs, Glutes, & Back). This is a great 60 minute workout!

Rock Bottoms & Tight Tums- When asked what muscle most people want to work, they usually say their abs or glutes, in other words, their bottoms and tums. This is a 60 minute class dedicated to both areas.

Seniors Strength-Combines low impact upper and lower body exercises. Abdominal conditioning and light cardiovascular training. Focuses on stretching and relaxation exercises. Easy on joints. Great for seniors!

Strength & Tone - A 60 minute total body muscle strength & conditioning workout. You will use a variety of equipment in this class. (BOSU's, Hand Weights, Tubing, Resist-a-Balls, Glide Discs, Steps, etc.)

Work the Core – This class is 30 minutes of strength training exercises to work your core muscles.

Xfit - This 60 minute class focuses on functional exercises that will strengthen your muscles while keeping your heart rate up. If you are looking for a challenging workout, this class is for you!

Yoga - This 60 minute class will stretch and strengthen your body. Participants focus on core control and breathing during each pose and through each motion.

AQUA GROUP FITNESS DESCRIPTIONS:

Total Body Circuit - This class is a full body conditioning class alternating between Cardio & Strength. It will utilize both the shallow and deep water. Hit a plateau? This is the class for you.

Calorie Burn - This is a full hour cardio training class. It will combine both shallow & deep water training. This is a great class to burn body fat, increase muscle and build cardiovascular endurance.

The Works -The Works is an overall body conditioning class with both deep water & shallow water routines—adding head-to-toe muscle toning. The Works is a great class for anyone wanting a full water workout!

Tsunami H2O- This class will use one of the newest pieces of equipment in the fitness industry: The Tsunami Fitness Boards! These boards are designed to be used on the water for a wide range of exercises. Balance with focus on core strength will be emphasized by a certified instructor who will teach the class using a variety of movements based on strength, plyometric movements and balance.

Weekend Warriors- Need to let off a little steam from the week? Join us on Saturdays for Weekend Warriors, a complete cardio workout. You'll be glad you came!

Super Power Hour - Are you ready for a harder workout? Do you want more intensity in your workout? Super Power Hour is the class for you. A complete fitness workout that is sure to make you sweat!

Crazy with Noodles - This class consists of both cardio and strength training using water noodles. This is a great way to add variety to your water workouts.

* All Marv Jenson Instructors are certified by nationally accredited fitness organizations. Each instructor is here to help you reach your fitness goals. Please let them know if you are new and they will help you get set up.