LEXINGTON GROUP FITNESS CLASS DESCRIPTIONS

WG Power: A barbell program for people of all ages. Routines cater to all fitness levels with traditional and non-traditional athletic movements.

WG Step: A step program designed to push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor.

WG Power Mix: This class provides all the components of fitness in a one-hour class: Cardio, Strength, Balance and Flexibility. **(All ages and fitness levels welcome)**

WG Transform: Unifying two disciplines- Yoga and Pilates with sport movements/training. Extracting from these practices to create an integrated and unique experience. *****Bring your own yoga mat***

ZUMBA fitness Zumba® fitness fuses Latin & other International rhythms to create a fun & easy to follow atmosphere where you'll find it's "Exercise in Disguise" because you are having so much FUN!! This class features interval training sessions where fast and slow rhythm along with dynamic, yet simple exercises are combined to provide a great cardio workout while burning fat. **Cardio Dance LITE**- Moves at a slightly slower pace with less impact..

HEART ZONES CONDITIONING Plateau busting workout. Never the same workout...Constant cross training using different methods of exercise while training heart zones. Heart rate monitored training is designed to keep heart rates in a target zone that stimulates metabolism and increases energy.

CARDIO SCUPLT: Incorporating all elements of fitness, increase your cardio fitness, build your strength and improve your balance and flexibility.

HIIT: Class designed for High Intensity Interval Training. A mix between traditional calisthenics and body weight exercises, combined with interval and strength training. *Express- 45 mins*

KICKBOXING: A one hour, high energy freestyle class consisting of boxing and kickboxing movements and combinations that will strengthen your upper and lower body while getting a great cardio workout. This is an intense but fun workout for all ages and fitness levels.

MUSCLE CHALLENGE: One hour class consisting of all weight/resistance training exercises. Strengthen your entire body as you challenge each muscle group with a variety of exercise techniques that meet your individual needs. Equipment used during this class may include dumbbells, resistance tubes, gliding disc and stability balls.
EXPRESS: 45 minutes

MUSCLE FUSION: Burn fat and tone your body with this blend of cardio, strength, and core training. Target all the major muscle groups by using various equipment and your own body weight while also incorporating bursts of cardio throughout the workout!

PILATES MAT PLUS: Pilates mat exercises that may be performed using additional resistance and offering a greater challenge with the use of props such as stability balls, small balls, body bars, bands, discs, dumbbells and tubing. Exercise sequences and choreographic progressions designed for a variety of fitness levels, with focus on proper execution of form and technique. *****Bring your own yoga mat***

YOGA: Our Yoga fitness classes provide mindful movement and breath control while exploring different standing and floor yoga poses to find a balance between flexibility and strength. Verbal instruction, demonstration, modification and multi-level variations support all levels of ability and experience from the beginner to advanced participant.
Invigorate, rejuvenate and relax to refresh and renew your mind and body.
*****Bring your own yoga mat***

SILVERSNEAKERS®: Move through a variety of exercises designed to increase muscular strength, range of movement and skills required during activities for daily living (ADL). Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and standing support, stretching and relaxation. Studio B

SENIOR STRETCH: Stretching is one of the best things we can do for our minds, bodies, and spirits. You will be guided through a gentle routine of standing and seated stretches designed to clear tension, increase freedom of movement, and improve overall vitality; helping you to remain active and independent.

SENIOR CHAIR YOGA: traditional yoga class that focuses on balance, core strength and flexibility that is done in and around the chair--no poses or positions on the floor. Perfect for seniors, or those recovering from injury, illness, surgery or late pregnancy

SENIOR CHALLENGE: The class will include a moderate, low impact aerobic cardio section, along with movement, balance, strength and flexibility programming designed to promote functional fitness to enhance the performance of activities of daily life. Chair can be used for class.

HEART SMART: A safe and enjoyable exercise class specifically designed for the young at heart who currently enjoy an active lifestyle. The class will include a moderate, low impact aerobic cardio section, along with movement, balance, strength and flexibility programming designed to promote functional fitness to enhance the performance of activities of daily life. Steps, stability balls and various resistance/ weight equipment may be used. All ages, pre/post natal and individuals beginning or returning to a fitness lifestyle are welcome.

BOOM Muscle and Mind: An action-based functional strength and conditioning class combined with the best of Pilates, yoga and athletic stretching. All ages welcome!

SWIMFIT: A guided lap swim workout with an experienced Instructor coaching on deck. Each class provides an organized workout to improve your swimming technique, efficiency and endurance! Push yourself by training with others to improve your fitness and swimming abilities! Must be able to swim 50 yards without stopping and be willing to circle swim in a lane. Reservations are required . **Call or sign up at the front desk one day in advance. Note: No swim lap lanes open during Swimfit.**

WATER WORKS: One hour long aqua aerobics class designed to improve cardiovascular fitness and overall strength and flexibility while minimizing stress on the body. A great workout for individuals of all ages and abilities! **Note: No swim lap lanes open during any pool classes.**

AQUA FIT: Simple Intervals od cardio and strength followed by stretch. A great workout for individuals of all ages and abilities! Note: **No swim lap lanes open during any pool classes.**

A LIGHTER SPLASH AQUATICS A low to medium intensity water class designed to improve joint flexibility and muscle strength. Class contains cardiovascular (aerobic) and relaxation components that can be performed at your own pace. No equipment other than noodles used. (45 minutes in length). **Note: No swim lap lanes open during any pool classes.**

SILVERSPLASH® For a soothing exercise environment, try this SilverSneakers water exercise class. You don't need to know how to swim. A kickboard is used to increase strength and for stability and balance in the water. Members with arthritis or other joint conditions will find the water comforting and the non-impact workout invigorating.
Note: No swim lap lanes open during any pool classes.

GYM HOURS		**CHILDCARE HOURS**	
MON – THU	*5:00am –10:00pm*	MON , FRI SAT	*8:00am -12:00pm*
FRIDAY	*5:00am-- 9:00pm*	TUES-THURS,	*8:00am - 1:00pm*
SATURDAY	*7:00am – 7:00pm*	MON – THU	*4:15pm – 8:00pm*
SUNDAY	*10:00am – 7:00pm*		