

## I=INTENSITY RATING:

Instructors have rated the average intensity of their class(es). However, they will provide options to both increase & decrease the intensity. We encourage you to work at a level that fits you! 1 is low, 5 is HIGH.

Classes may be cancelled due to low participation \* Most classes are approx. 50-55 mins.

### Class Descriptions

**Body, Band, Burn:** Toning and muscle development through the use of resistance bands and your own body. All levels of fitness are welcome. (I=3)

**Cycle:** Cycle is a variety of fast paced low impact rides using fun music and positive reinforcement. (I =4)

**Cycle & Core:** 30 minutes of cycling, followed by 30 minutes of Pilates/yoga core. (I=4)

**Fit Camp:** This class is for beginners to advanced. We will be doing resistance training incorporating weights, bands and body weight, mixed with cardio intervals. (I=4)

**Full Body Circuit** - Fast paced full body circuit. Perfect for overall strength. (I=3)

**Full Body Work-Out (Strength and Cardio):** A functional fitness strength & cardio class that combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and increase overall strength. This class can be modified to fit all fitness/skill levels. (I=3)

**Line Dancing:** "Has become my new movement passion! I have many years of teaching experience in other areas as well as a physical education degree. Come join me in LINE DANCING! You will learn basic steps, combinations, and simple line dances. We will review steps and dances each week as we learn them. Let's build our own Line Dance community right here in Cold Springs!" -Merry Catron (Volunteer Instructor) (I=2)

**Mat & Body Work-Out:** Join Jane for this class that concentrates on the core strength with emphasis on strengthening muscles and balance. We encourage you to bring your own mat! (I=3)

**Mobility and Strength:** Combines the mobility and strength for functional, everyday fitness. Good for improving joint health and flexibility.

**Pilates** Core strengthening and stretching exercises provide an intense workout using mat, body weight, light hand weights and Pilates balls. (I =3)

**Piloxing:** A non-stop, cardio fusion of standing Pilates, Boxing and dance that will push you past your limits. (I =4)

**Pickleball:** We play "pick-up" Pickleball throughout the week for some fun, fellowship and exercise. We ask that to join this group, you have the knowledge of the game and rules of the game. A brief meeting with our Pickleball coordinator, Jane, is required! Don't shy away if you have never played, we will get you set up to start! (I-4)

**Senior Fitness:** Combine fun with fitness to increase cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights is alternated with low impact aerobics and leg strengthening exercises. There are options for inside and outside classes. (I =2)

**Step Aerobics:** Utilizing a raiser (or not) or no step, this is a great cardio work-out that you can adjust to your abilities. (I-3)

**Yoga: Tera:** "This is a slow flow class that builds into one or two peak poses. You can expect to work on the essentials of finding balance, and then move into a steady pace flow. ". (I = 3); Each instructor may have their own style of teaching, so expect different things from our Tuesday and Thursday classes.

**Zumba:** Interval training sessions where fast and slow rhythms and resistance training combine to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got Zumba. (I =4)

**CENTER GUIDELINES:** Youth must be 12 to work out on fitness equipment and 15 to enter on their own (or be accompanied by someone 15 years+).

Center Hours: Monday-Friday 5am-8pm, Saturday 8am-4pm, Sunday 8am-12pm

Child Watch Hours: M-F 9am-12:30pm and 4pm-7pm; SAT 9am-12pm.

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[www.coldspringsfamilycenter.com](http://www.coldspringsfamilycenter.com) Like us on Facebook!