

# LOW IMPACT

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## AB LAB

Join us in the fitness area on the second floor every day for fifteen minutes of concentrated abdominal and lower back work. It's a perfect way to begin or end your workout.

Check our schedule for daily class listings.

## AQUA THEREX

This low impact, total body conditioning program targets beginners and those desiring arthritic therapy or a gentle place to start post physical therapy. The class utilizes specially designed buoyancy and resistance equipment to provide a combination of aerobic, strengthening and stretching exercises

## CORE/BALANCE

Promote the mind-body connection and improve cognitive function with workouts that integrate coordination, rhythm and strategy. Strengthen bones and muscles, improve balance and posture using hand weights, resistance bands and your own body weight. Engage and strengthen your core to reduce risk of injuries, protect your spine and improve stability in daily activities.

## SPINPower Circuit

SPINPower Circuit includes a 30 minute SPINPower class followed by a 30 minutes of circuit training. During the circuit segment, you can expect a medium intensity full body workout with light weights and body resistance.

## DAC FIT LIGHT

This 30 minute moderately paced circuit class fuses high repetition strength training with cardio intervals for maximum results. Done at one's own pace, this class is a great choice for someone short on time who wants to see and feel results fast.

## HYDRO-FIT

This dynamic deep-water workout provides the ideal environment to develop and maintain functional health. The class focuses on strength and cardiovascular conditioning using specially designed buoyancy and resistance equipment.

## PILATES MAT

Pilates strengthens the core by toning and lengthening the muscles in the trunk of the body. Utilizing controlled fluid movement and breathing, participants learn how releasing stress in one part of the body can improve mobility in other parts. Pilates decompresses joints, releases muscle tension and improves strength and posture through the neck, abdominals and lower back.

## WATER WORKS

A moderately paced deep-water workout set to music and incorporating specially designed buoyancy and resistance equipment provides strength, balance and cardiovascular exercise. The focus is on whole body conditioning with progressive muscular and cardiovascular workouts to build strength and stamina.