

KESWICK CLUB FITNESS CLASS DESCRIPTIONS

Aquacise: is an aerobic as well as a conditioning class that meets on M/W/F from 10:30-11:20am at the Pavilion pool. This class is especially designed for participants to have fun while exercising! It is very useful for those who find movements on land too jarring and painful. However, just about anyone can participate because each person exercises at their own level. The class includes warm-up, aerobics, toning and conditioning using buoyancy equipment, and concludes with stretching. Water is an excellent environment for exercising, leaving the participant relaxed, yet energized.

Body Strength: 60 minutes of choreographed weight lifting focusing on the bodies large muscle groups. Recommended for beginner to advance participants

Boot Camp: This 60 minute circuit-style class incorporates strength and cardio into one low/high-impact workout. We will target all muscle groups for a full body training session. Be ready to break a sweat!

Core Strength: The focus is on the core. We work on mobility, strength and power.

Gentle Yoga: A great class for beginners—and everyone interested in exploring a gentle practice and restorative postures. This class includes basic breathing exercises, as well as a variety of foundational postures (standing, seated, and on the floor). 60 minutes.

Multi-Level Yoga: spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. All levels welcomed...60 minutes

P90X: is a full-body, strength-training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. The program is a 60 minute session and incorporates a new “protocol based” approach to full body training. This class is suitable for all fitness levels.

Insanity: A cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. **Modifications for all levels of exercise are provided.**

Stretch & Tone: is a 45-minute class that meets on M/W/F from 9:35 - 10:20 AM. It is designed for senior exercisers who want to stay active and fit. The focus is on posture, balance, flexibility, and strength. We begin with a warm up and end with stretching. This class is designed to work a little of everything for overall health and fitness, but it is not intended to be an aerobics class.

Tabata: is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.60 minutes of eight blocks that includes warm up and cool down.

Vinyasa_Yoga: movement is synchronized to the breath, is a term that covers a broad range of yoga classes. This style is sometimes also called **flow_yoga**, because of the smooth way that the poses run together and become like a dance.