



Group Fitness Classes

<u>YOGA WITH DEB</u>	<i>This yoga class provides a wide variety of yoga practices focusing on posture and alignment of the body. It is for beginner to advanced levels and can be modified to fit any level yogi! *Buhl Location</i>
<u>YOGA WITH TERRI</u>	<i>Let's start from the basics! This is an all-levels class that guides you through fundamental yoga poses focusing on connecting breath with movement. *Squaw Location</i>
<u>REFORMER</u> (RE-FORM YOUR BODY)	<i>This class is designed for the beginner to intermediate client. You will be challenged with full body movement in all planes of motion. Balancing out flexion and extension work to improve core strength. Breathing, bracing, and core activation will fire up your abs. Come try this class and have a fun while you workout! *Buhl Location</i>
<u>REFORMER FUSION</u>	<i>Get ready to bring the gym into your Pilates class! This fun fusion class utilizes balls, bands, weights and cardio. Starting slow and simple, while building up intensity throughout the workout. This class gets it all, no muscle left behind! *Buhl Location</i>
<u>TOTAL BODY TONE UP</u>	<i>The name says it all! This 45-minute class targets every muscle group. You will build strength, improve endurance, and increase power. This class utilizes bodyweight movements, dumbbells, bands, and balls with a sprinkle of HIIT & Cardio. Get ready for an intense full body burn. *Buhl Location</i>
<u>BUILD STRENGTH</u>	<i>This total body strength and interval training class uses body weight, as well as, dumbbells to get you the total body, high calorie burning workout you crave! *Squaw Location</i>
<u>INDOOR CYCLE</u>	<i>Come ride with us! Beginner to advanced levels can all get a higher intensity cardio work out! Indoor cycling is a lower impact work out that is a great way to torch calories, build those leg muscles, burn off some stress! *Squaw Location</i>
<u>CHAIR YOGA</u>	<i>This class is suitable for all fitness levels. It will include gentle stretching exercises to enhance strength and balance. Enjoy a guided meditation to finish the session. ALL poses can be modified for any physical limitations</i>
<u>AQUA ZUMBA</u>	<i>Aqua Zumba keeps the Zumba Fitness workout party going in the pool. This class is for you if you like Zumba, but prefer a low-impact option. *Resort Location</i>
<u>AQUA AEROBICS</u>	<i>This class takes you off the ground and into the water! Avoid joint pain and strain in this lively water aerobics class designed to challenge your heart and muscles. *Buhl Location</i>
<u>AQUA YOGA</u>	<i>This class takes yoga to the pool! The practice is done in waist deep water so the head stays above water the entire class. It's easy on the joints and no prior swimming experience is required. Gentle stretching, increased muscle strength and balance are just a few of the benefits. Come out to try a fun and gentle way to experience yoga. *Resort Location</i>
<u>GYM ORIENTATION</u>	<i>One of our staff will be at the gym to walk you through our facilities teaching you how to use the weight machines, cardio equipment and proper gym etiquette. This orientation is designed to teach you how to use the equipment safely and with proper form. *Buhl, Squaw and Boardman Locations</i>

-  **Class locations are noted with each class description.**
-  **Drop-in rates may vary per class.**
-  **Reservations are required by 8:00 p.m. the evening prior for 7:00 a.m. or earlier classes.**
-  **All other classes require reservations 2 hours prior to the class start time. If a class does not have any reservations 2 hours prior to the start time, the class will be canceled. If the class is not canceled, members are welcome to drop in for no additional charge.**
-  **You have the option to prepay for classes or be auto-billed to your account after you attend a class.**
-  **Refunds will not be given for prepaid classes. You may transfer the credit to another class at the same value. Refunds will not be given for missed classes.**

You can reserve class through the Fitness Department at Buhl (724) 704 – 8820. You can also register through any member services department at (330) 856-1900, (330) 539-5008, or (724) 704-8801.