

Wellness Class Descriptions



Class Intensity Zones:	Zone 1 = Conversational	Zone 2 = hard to converse	Zone 3 = working hard, breathing hard	Zone 4 = really kicking butt
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Water Classes

AF & More	zone 1	(Arthritis Foundation and More) Shallow Water exercise program proven to help reduce pain and stiffness while increasing strength, flexibility, and endurance. Suitable for every fitness level.
Aqua Zen	zone 1	A gentle, shallow water class that focuses on mindfulness and range of motion while improving balance and body awareness. Find your zen while receiving all of the tranquility that the water has to offer.
Ai Chi	Zone 1	Shallow Water class that combines Tai-Chi concepts with Shiatsu and Watsu techniques and is performed standing in shoulder depth water using a combination of deep breathing and slow, broad movements of the arms, legs, and torso.
Aqua Fun	zone 2	Introductory deep water class, great for building strength and cardiovascular endurance.
Silver Splash	zone 2	Shallow water class, lots of fun and will improve agility, flexibility, and cardiovascular endurance.
Aquacise	zone 3	Move and groove to the music! This low to medium impact class promotes flexibility, range of motion, and agility while building cardio vascular endurance. Class runs in shallow and deep water. Our most popular class!
Cardio Noodle	zone 3	Medium to intense shallow water class utilizing noodles to create resistance and get your blood pumping!
Finning	zone 3	High energy, aerobic class in deep water, using flippers for extra resistance.
Zero Impact	zone 3	Intermediate to advanced deep water class designed to provide a joint friendly, full body workout.
H2O Fit	zone 3	Shallow water class targeting a wide range of fitness levels from beginner to advanced, prenatal and postnatal.
Intro to Deep H2O	zone 1	A class for beginners to deep water fitness. Designed to be a slow paced, compassionate introduction to get you comfortable transitioning from shallow water to deep water classes.
Splashout	zone 3	Atika's signature shallow water class: incorporates full body toning exercises and cardio intervals.
Aqua Body Blast	zone 4	Challenging deep water, whole body workout designed to build strength, definition, and endurance.
Aqua Boot Camp	zone 4	High intensity, deep water class designed with cardio and toning components to challenge participants of all ages and fitness levels.
Aqua Tabata	zone 4	Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time.
Aqua Running	zone 4	Deep water class consisting of running motions and interval training. Great for runners or those looking for a great cardiovascular workout.

Land Classes

Classic Chair	zone 1	Move to the music while performing chair supported strength & range of motion exercises to improve functional daily life.
Chair Yoga	zone 1	Chair based gentle yoga class offering adaptive and modified yoga postures. No floor mat is used for this class, all chair based movement.
Stretching	zone 1	Calming class focused on active recovery and muscle relaxation.
Tai Chi Forms	zone 1	Focuses on learning the different movements that make up the Tai Chi forms. The widely practiced forms (Yang 24, Sun 73 and Chen 36) will be offered. In the fall we will start again with Yang 24. This class also includes the practice of flow ensuring that the body is in constant motion.
Tai Chi Flow	zone 1	Designed to improve balance and agility and promote the underlying principles of Tai Chi. Tai Chi Flow is a series of movements performed in a slow, focused manner accompanied by deep breathing.
Cardio Strength	zone 2	Interval class alternating between cardio combinations and strength, balance, or core training. Designed to build strength and endurance and promote healthy, active aging.
Line Dancing	zone 2	Lots of energy, fun with great music, learn all classic line dances.
Pilates	zone 2	Combines stretching, strength building exercises and breath control to offer full body transformation and improved posture.
Strength + Balance	zone 2	Designed to help you build muscle and core strength through functional, low impact exercises. Class will also include balance and flexibility work.
Yoga	zone 2	An ancient practice to revitalize and calm the body, mind, and spirit. Flow through movements with controlled breathing, tune into your full body awareness.
Core Blast	zone 3	Core focused class incorporating standing, seated, and floor mat exercises.
Funk Aerobics	zone 3	Functional strength and cardio workout set to a playlist of funky and fabulous music.
HI-Low	zone 3	High Intensity, Low Impact is a class designed with intervals of intense activity to elevate your heart rate and burn fat. To protect your joints, exercises taught in this class are Low Impact, meaning they are safe for participants of all abilities.
Power Pump	zone 3	Total body strength workout including flexibility and balance exercises. Supports health metabolism and fights age related bone loss.
Zumba	zone 3	Full body cardiovascular workout set to Latin themed dance music. A fun and fabulous way to get fit.
Zumba Gold	zone 3	Designed for active older adults, a modified zumba class recreating the same movements at a lower intensity.
HIIT Circuit	zone 4	Circuit training is a combination of exercises structured into sets with predetermined number of repetitions. HIIT (high intensity interval training) utilizes short intervals of intense effort to elevate your heart rate and burn fat more effectively.
Boot Camp	zone 4	Challenging class that uses body weight exercises and weights to tone muscle while building cardiovascular endurance.