

**Ability360 Sports & Fitness will provide towels**

**Aqua Yoga**

**Therapy Pool**

Enhance flexibility, strength, breathing, balance, stamina, and body awareness while connecting the mind and body in the water. Other benefits include reduction in anxiety, stress, and improvement in mental clarity.

---

**Low Intensity Training (LIT)**

Is a 45-minute low intensity training class that is designed to incorporate resistance training, mobility movements, and cardiorespiratory fitness. While this is a low-impact class, workouts are aimed to increase muscles strength, endurance, and range of motion.

---

**Core Tabata**

This 30 minute class torches calories, while increasing core strength and endurance, in a systematic and quick way.

---

**Corrective Exercises**

This class helps with reducing chronic pain, staying healthy, youthful, and active for a lifetime by using specialized techniques, a soft body roller, three small balls, and rehydrating connective tissue.

---

**Yoga**

Experience transformation and healing on a physical, mental, emotional, & spiritual level.

---

**Circuit Training**

Improve your cardio and muscle endurance in this low impact, high intensity circuit class.

---

## **Tai Chi**

Tai Chi is a Chinese martial art that combines self-defense with physical and mental fitness. Members will increase flexibility, muscular strength, and fitness during slow, continuous movements.

---

## **Stretching 101**

Involves a blend of light stretching to improve range of motion and relaxation, as well as knowledge of stretching.

---

## **Intro to Weights**

This entry level class teaches how to use proper form while working out on machines and using free weights.

---

## **Therapy Pool**

### **Aqua BioExercise**

An exercise program that combines activities for the body and mind to improve the body.

---

### **\*Krank Fusion™**

A combination of Krankcycles® and indoor cycling bikes in a group fitness class setting. The indoor cycling class will provide increased strength, improved cardiorespiratory fitness, and incinerates calories.

First come, first serve! 10 upright bikes and 8 arm kranks available during each session.

---

## **Rowing**

Learn to row on the Concept 2 rower, a great workout for the back, arms and shoulders.

---

## **Therapy Pool**

### **Ai Chi**

Is a water exercise and relaxation program that combines deep breathing and slow large movements, performed in continuous, flowing patterns. Focus is on breathing, balance, flexibility, joint mobility and relaxation.

**Abilty360 Sports & Fitness will provide towels**