

1 = Easy 2 = Moderate 3 = Challenging

Aqua Zumba 1-2-3

Low-impact, high-energy dance inspired water fitness workout.

Arthritis Aquatics 1-2

Gentle water fitness class designed to improve mobility and range of motion.

Boot Camp 2-3

Intense mix of total body training, agility drills, obstacle courses, and core work.

Cardio Intervals 2-3

Challenging heart pumping cardio drills designed to leave you breathless

Chair Yoga 1-2

Gentle form of yoga for all ages and stages.

Chisel 2-3

This advanced class challenges every muscle group with weight training and core stability.

Classical Pilates 1-2-3

Uses the Joseph H. Pilates method to improve total body strength and flexibility.

Core 30 1-2-3

Short but focused workout dedicated to strength and stability of the trunk.

Cycle 30* 1-2-3

Short on time or just beginning-this is the perfect 30 minute option. Lunchtime class is a double—ride for 30, or stay for the hour.

Cycle 45 or 60* 2-3

Climb, sprint, and sweat your way through this instructor-led indoor cycling experience set to motivating music.

Cycle Fusion* 1-2-3

Get your cardio and resistance fix in this one-stop-shop indoor cycling class. Intervals of upper-body training using resistance bands are infused with cardio intervals on the bike.

Gentle Moves Yoga 1-2

Uses the therapeutic functions of yoga to aid in stress relief and pain management. Useful for people with chronic fatigue, fibromyalgia, rheumatoid arthritis or similar conditions. Class can be done standing or seated.

Interval Insanity 2-3

Alternate intense cardio intervals with strength training for a total body workout

Iyengar Yoga (Multilevel) 1-2-3

Classical form of yoga that emphasizes precision and alignment and is aimed to build stability and stamina in body and mind.

Lunchtime Express 1-2-3

Circuit-style workout designed to make the most of your lunch break. Led by the conditioning team in the arena.

Multi-Level Yoga 1-2-3

Yoga for everyone. Progressions and regressions are offered to suit varying needs.

Overdrive 2-3

A total body conditioning experience utilizing our new outdoor exercise pavilion. **Overdrive classes** are instructor led workouts designed in a circuit-based structure incorporating a variety of equipment. Each workout is uniquely designed to challenge participants of all fitness levels. **Overdrive Open Gym** is an unstructured but supervised session during which members are invited to perform their own workouts in the outdoor exercise pavilion.

Pilates Barre Fusion 1-2-3

Unique blend of Pilates and dance-inspired exercises designed to elongate, invigorate, and inspire.

Power Cycle 45 or 60* 2-3

Performance-focused indoor cycling. Instructors dial up the intensity with drills, team challenges and race simulations.

Power Step 2-3

Combines step choreography with functional athletic movements for complete cardio, strength, balance, and agility training.

RIP 1-2-3

Barbell program designed to improve strength, muscle endurance and definition. **RIP 30** is a shortened version of the same great barbell format.

Sculpt & Balance 1-2

Perfect blend of muscle strengthening exercises and balance challenges. Core work and stretching included.

Stretch & Relax 1-2

gentle class utilizing stretches and yoga poses to create a relaxing and refreshing experience

Tabata SPORT 2-3

Cardio drills, functional core movements and high intensity intervals come together to create a total body workout that fits everybody, from the beginner to the experienced exerciser

TRX Express* 2-3

Blend of body weight and suspension training using the TRX system.

Turbo Kick 2-3

Fuses cardio kickboxing with high energy dance. Each class includes punch and kick combinations, HIIT intervals, and core work.

Water Fitness 1-2

Pool workout designed for all fitness levels. Need not know how to swim.

Yoga Basics 1

Gentle combination of slow flow and stretch, ideal for beginners.

Yoga for Cancer Survivors 1

Gentle yoga practice for cancer survivors.

Yoga for Performance 2-3

Explores poses and movement patterns that are ideal for improving mobility, flexibility, balance and core strength in athletes and performance-focused fitness enthusiasts.

Yoga Fusion 2-3

Mind-body blend of yoga, Pilates and dynamic movement .

Zumba Gold 1-2

Latin-inspired dance class designed for active older adults or those looking for a low-impact workout.

About our classes:

All classes are lead by our skilled team of professionally trained and nationally certified instructors. Our classes are designed to provide results in a safe, effective and fun environment. Refer to the class descriptions to determine whether a class is appropriate for you. For more information contact **Kendra Rorabaugh, Supervisor of Group Fitness and Aquatics Programs, 864-455-4669** or kendra.rorabaugh@prismahealth.org.

Please note:

All classes are free to members.

* denotes pre-registration preferred

Some formats *may* be appropriate for youth. Children under the age of 14 must receive permission from the group fitness supervisor before participating.