

Class Descriptions

*Classes fit all levels unless otherwise indicated
All classes 45 minutes unless otherwise indicated

Cycle Studio	
Cycle Express – 30 min	Incorporates endurance, intervals, steady state, and speed variations. Express class includes abbreviated warm up and cool down.

Mind/Body Studio	
Alexander Technique (AT)	
AT Mind in Motion	Gentle sequence of gravity-assisted movements and stretches. Supports spinal and postural health.
Yoga	
Yin Restore – 60 min	Longer held poses to offer a deep stretch. Must be able to sit/lie on the floor.
Chair Yoga	Poses assisted with the use of a chair. Good for those with mobility, balance, or injury considerations.
Yoga Basics	Basic poses on which to build a practice. Good for those new to yoga.
Yoga	Explore basic poses combined with intermediate poses, some yoga experience beneficial.
Warm Yoga Fusion – 60 min	Fuses yoga flow with static held poses. Shoulder and wrist friendly.
Pilates	
Pilates Core	Increases core strength and stabilization utilizing mat-based Pilates exercises.
Pilates Balance and Control	Utilizing the Pilates Chair to increase core strength and stabilization.
Pilates Sculpt	Combines Pilates Chair exercises with basic strength training to build core strength.
Other	
Barefoot Power	Fusing movements of ballet, yoga, Pilates, and strength.
Meditation	Seated meditation combined with slow walking meditation. No experience necessary.

Multipurpose Studio	
AOA Core and Balance	Improve balance, core strength, and flexibility for active older adults.
AOA Mixx	A blend of cardio, strength, and flexibility for active older adults.
Barefoot Power	Fusing movements of ballet, yoga, Pilates, and strength.
Cardio Kickbox	Choreographed upper and lower body kickboxing moves to provide a full body workout.
Indo-Row Indo-Row Express – 30 min	Low impact workout using water based rowing machines. Express class includes abbreviated warm up and cool down.
Power 45	Focus on improving the strength, speed, and agility of the intermediate to advanced level participant.
Quick Fixx – 30 min	A mix of athletic drills and dynamic movements for a high energy cardiovascular and strength workout.
Row and Reps	Combination of indoor rowing for cardio and strength training for a full body workout.
Strength Strength Express – 30 min	Develop muscular strength and endurance through exercises that target every major muscle group. Express class includes abbreviated warm up and cool down.
Zumba	A high energy Latin inspired exercise dance class with easy to follow steps.

Class Descriptions

Fitness Pool

Fitness Pool	
AOA Aqua – 55 min	Workout meeting your fitness needs while providing fun and healthy interaction.
Aqua Mixx	Using the properties of water and equipment for fitness training. Joint friendly.
Aqua Zumba	Zumba formula with aqua fitness, a fun and challenging workout.
Beach/Water Volleyball	Play a fun game while getting some exercise in the pool. 30 and 90 minute options
Fluid Motion – 30 min	Use various linear movements with the resistance of water to increase cardiovascular fitness.
Fluid Sculpt – 30 min	Incorporate water and equipment to develop muscular strength and endurance.
HIIT the Water – 30 min	High intensity interval training for an energetic workout in the pool.
Liquid Bootcamp	Interval exercises for an intense cardiovascular and muscular endurance workout.
Restorative Aqua	Gentle exercise without excess strain on joints and muscles.
Social Splash – 30 min	A self-led class that promotes fun water activities and social interaction. No instructor.

Training Studio

Training Studio	
AOA Fusion	Various strength, coordination, stability, and cardio exercises used to challenge the active older adult
Core Express – 15 min	Designed to improve core performance and strength.
Fusion 45	A total body workout focusing on improving strength, coordination, stability, and cardiovascular health.
Fusion Express – 30 min	Express class includes abbreviated warm up and cool down
Kettlebell and Suspension Training	Must complete a six week KB and ST training session prior to participating in this class.

Other

Other	
DA SL-200	
Laughter Yoga – 30 min	Experience a fun combination of stretching, breathing and laughter exercises.
DA 6-224	
Heated Flow – 75 min	Vinyasa yoga practiced in a heated environment. Prior practice suggested.
Hot Yoga – 75 min	Traditional hot yoga using 26 poses accompanied with breath practice.

Specialty Offerings

Sign-up required	
Advanced AT Program	Deepen and refine AT practice. 8 week series. Ideal for those with at least 6 months consistent AT practice.
AT Book Club	Explore selected readings about AT and discuss with other AT enthusiasts.
AT Foundations	Explore the basics of this Mind/Body learning method in a 6 week foundational series.
Aqua/Swim Workshops	One hour workshop exploring different stroke techniques and drills.
Group Swim Lessons	Levels include: Gaining Comfort, Beginner, and Advanced Beginner.
Intro Classes	Learn the basics of Indo-Row, Indoor Cycling, and Strength classes.
Pilates Foundations	Teaches Pilates Principles and basic Pilates exercises. Pre-requisite for Group Reformer. 8 week program.
Pilates Group Reformer	Teaches Pilates exercises on the Reformer. Prerequisite: Pilates Foundations. 8 week program.
Pilates Workshops	Two hour workshop on various Pilates topics. Offered monthly.
Private AT Lessons	Ideal for addressing unique postural and wellness needs and goals, as well as deepening AT practice.
Private Pilates Lessons	1:1 or 2:1 sessions with a certified Pilates instructor. 30 and 60 minute options.
Private Swim Lessons	1:1 sessions with a certified swim instructor. 30 minute lesson.
Private Yoga Lessons	1:1 or 2:1 sessions with a certified yoga instructor. 30 and 60 minute options.
Yoga Foundations-Basics	Learn the foundations of basic yoga postures through this 5 week program.
Yoga Foundations-WYF	Learn the Warm Yoga Fusion format through this 5 week program.
Yoga Workshops	Two-hour workshops covering various yoga topics. Offered monthly.

See DAHLC website for more details.