

Cooper Fitness Center

Group Exercise Class Descriptions

A pass is required for all yoga, Pilates, and indoor cycling classes. Passes are issued at the Service Desk.

Aquastride: This non-impact water class consists of striding (water-walking) the length of the pool using various patterns. Strength and flexibility work included. (offered May-October)

Athletic Conditioning: Dynamic flexibility, plyometrics, agility, speed, and cardiovascular conditioning are the ingredients that make up this hour of high-intensity exercise. Class is held outdoors on the South Lawn.

Body Sculpt: Safely build muscular strength and definition. Exercises depend on instructor's choice to utilize hand weights or exer-tubes.

Cardio Dance: It's time to let your inner dancer out! Experience a mix of swing, jazz, funk, hip-hop, salsa, and disco rolled into a fun cardio format.

Classics Body Sculpt: A fun and challenging strength class designed for adults 50 years and older. Individualized attention is given through constant instructor interaction.

Classics Dance: Cotton-eyed Joe, Electric Slide, Cha Cha, Salsa! When partners permit, we'll Jitterbug, Two-Step, Waltz, and more.

Classics Pilates: Pilates for the mature adult. Experience improvement in posture, increased strength, correct breathing techniques, and reduction in stress levels.

Core Matters: Improve your posture and balance, and build strength and stamina in torso muscles that support the spine and pelvis.

Free Motion: Set your body free! This is a resistance class using the Free Motion Tower. Build strength, stamina and functional core stability. Limited space.

Fusion: Beautiful, free-flowing dance combined with intervals of power-stretch techniques.

Hydro Gym: Get pumped up in this exciting interval water class. Format includes alternating strength and cardiovascular work, along with flexibility. (offered June-October)

Indoor Cycle: Obtain your pass at the front desk for the ride of your life! Join us in the cycle studio for a fun, non-impact group cycling workout that is safe for anyone. Limited space. Pass required.

Jam Zone: Jam your way into fitness in this dance class. You'll move and groove to everything from today's hits to old-school classics and anything in between!

Kick Box: Ready for the PUNCH? This takes the excitement and energy of aerobics and rolls it together with boxing and martial arts for a complete workout.

Medicine Ball: Utilizing a medicine ball, this workout is full-body and focuses on power development and cardiovascular fitness. Class is held outdoors on the South Lawn.

Pilates: Increase torso strength and stabilization with these yoga-based mat exercises. Flexibility will also improve as you focus and breathe in this balanced regimen. Limited space. Pass required.

Pi-Yo: Enhance strength, muscular symmetry, alignment, flexibility, grace, and coordination with this blending of Pilates and yoga. Pi-Yo movements build strong muscles from the inside out. Limited space. Pass required.

Strictly Strength: It's group exercise resistance training. Take some awesome, high-energy music, then add barbells that can be adjusted from 3 to 63 pounds, and you have the hottest workout in fitness today!

Tai Chi: A health promoting exercise in the Chinese tradition. The flowing, rhythmic movements enhance flexibility of the body and reduce stress.

Tire Training: A unique class involving a tire for every exercise. Develop strength, power, and cardiovascular fitness by flipping, pushing and pulling tires of all sizes. Class is held outdoors on the South Lawn.

Total Body: Alternating step aerobics and resistance exercises give an excellent, all-around workout in record time. Class concludes with abdominals.

Water Works: Join us in the outdoor pool for a cool, refreshing aerobic workout, minus the impact. Strength and flexibility work included. (offered April-October)

Yoga: Enjoy stress reduction, relaxation techniques and flexible strength training. Level 1—no experience; Level 2—six months experience; Level 3—studio significantly heated. Limited space. Pass required.

Zumba/Zumba Gold: Ditch the workout and join the party! Zumba fuses Latin, international, and world-beat music with easy to follow dance steps. Zumba Gold is designed for 55+ individuals, or those who prefer a less intense dance party.

Zumba Toning: Using energetic and fun Zumba music and weighted, maraca-like Zumba Toning Sticks to enhance rhythm, you will build strength in all major muscle groups. *The Toning Sticks can be purchased in our pro shop, The Coop.*