Description of Group Training Classes

WellCats classes are designed for all levels of fitness & are taught in a non-intimidating environment by highly skilled instructors committed to providing safe & effective workouts. Our instructors will provide you with proper guidance so that coordination & experience are not necessary & will demonstrate modifications so you can set your own intensity.

Land-Based Classes

- **BEATZ** is a drum-based total body workout that combines high-energy cardio and strength movements fueled by powerful strikes using lightly weighted drumsticks.
- **Group Personal Training** is great for all levels of fitness, this session features resistance training, partner work, cardiovascular training, and a lot of muscle-burning fun!
- **Kick-Box-Tone** is an easy-to-follow, but challenging workout that combines intense anaerobic drills and over-all body conditioning exercises to burn a ton of calories and sculpt your body.
- **Meditation and Deep Relaxation** is designed for those looking for ways to slow down their thoughts, increase awareness and reduce stress. Class will begin with slow, mindful movement to get blood flowing, taking you to the present moment and will end in stillness where we will practice cultivating awareness through observation.
- **Nia** is a cardio based dance workout that blends dance, martial arts, and healing arts, to create a dynamic fitness and lifestyle practice that changes how people experience their body and exercise! Come dance, kick, stretch, and laugh with us! Experience the BLISS!
- **Non-Pretzel Yoga** requires no prior yoga experience. This class utilizes easy-to-follow movements to help you focus on breathing, meditation, and relaxation. No special attire is necessary.
- **R.I.P.P.E.D.** is a pre-choreographed, athletic-based workout that incorporates weights and cardio and is set to some music.
- **Strength, Stretch, No Sweat** is a 30-minute, low intensity class that requires no special attire. We can guarantee that you will leave the class feeling refreshed and ready to take on the rest of your day!
- **Step 'N Sculpt** improves cardiovascular health and muscular fitness through step aerobics and a variety of resistance training equipment (dumbbells, stability balls, weighted bars, etc.)
- **Walk with Ease** is walking program founded by The Arthritis Foundation designed for those with joint paint, joint stiffness and muscle pain.
- **Yoga** is a moderately paced class is for all fitness levels. This class blends breath with movement and focuses on the fundamental yoga postures and principles in order to engage and build core strength, improve postural alignment, and invigorate the body and mind.
- **Zumba Toning®** teaches you how to blend body-sculpting techniques and specific Zumba® moves into a calorie-burning, strength-training workout.
- **Zumba®** is a workout in a party atmosphere that fuses hypnotic Latin and International rhythms integrating dance and aerobic elements to help improve balance, coordination, agility, muscle tone, and keep the heart healthy.

Water-Based Classes – Open to all levels of fitness & ability; no swimming skills necessary; low to no impact; enjoy the feeling of weightlessness in this joint friendly environment; improves circulation thus decreasing swelling & discomfort; water provides both resistance & assistance to movement; & is designed to increase strength, flexibility, mobility, posture, balance & endurance.

- **Aqua Cardio + Yoga** this class mixes a variety of cardio activities and yoga poses. It is designed to raise your heart rate, lengthen your tissues, reduce stress, and increase you awareness of your breath.
- **Aqua Mix** this class incorporates full body exercises of varying intensity in a fun, supportive environment. It is designed for people looking for a fresh take on the classic aquatic class.