# Class Descriptions

**BODYPUMP™**
- The original barbell class that strengthens your entire body. 
- The 60-minute workout challenges all your major muscle groups by using light to heavy-weight room exercises like Squats, Presses, Lifts and Curls. 
- The combination of high impact moves, traditional weight-based exercises and a circuit format, this session will effectively burn the upper body and increase stamina and strength.
- HIIT (High Intensity Interval Training) 
- To get the maximum workout for the minimum amount of time! Hiit is proven to give the best results, combining high intensity exercises for 6 rounds of your own maximum, helping you to get more out of your workout! Let's burn fat and get faster...and also increase the rate at which you burn fat post workout!
- Kettlebells
- A traditionally weighty workout using tools such as the Kettlebell. 
- These sessions are designed to strengthen the body workout in the water designed to improve strength and balance.
- Aqua
- A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

### Silver Circuit 60+
- These circuits are designed to combine on slow and measured movements in order to create lean and stronger muscles around your torso. 
- A gentle but highly effective full body workout.
- **SPLAT**
- The original Silver Circuit class.
- Concentrating on boxing moves in a circuit format, this session will effectively burn the upper body and increase stamina and strength.
- **Supple Strength**
- A gentle but highly effective full body workout.
- **Bodybalance®**
- The original barbell class that strengthens your entire body.
- This 60-minute workout challenges all your major muscle groups by using light to heavy-weight room exercises like Squats, Presses, Lifts and Curls. 
- The combination of high impact moves, traditional weight-based exercises and a circuit format, this session will effectively burn the upper body and increase stamina and strength.
- **Circuit 60+**
- These circuits are designed to combine on slow and measured movements in order to create lean and stronger muscles around your torso. 
- A gentle but highly effective full body workout.
- **Zumba® / Salsa**
- Latin dance moves are combined with up to date chart-toppers to create a fun and effective full body workout.
- **Yoga**
- One of the world’s most practiced spiritual disciplines. Developed over thousands of years, these sessions combine breathing and toning and focusing your strength.
- **Silver Aerobics 60+**
- A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

### Waterworkouts
- Aqua
- A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

### Features
- **Burn fat without fuss.** Allow your instructor to motivate you with a fun and effective workout for all fitness levels. 
- **New!** Silver Zumba® Gold™ is the original Silver Circuit class.
- **Toning and Strength**
- The original barbell class that strengthens your entire body.
- **Silver Fitness 60+**
- These circuits are designed to combine on slow and measured movements in order to create lean and stronger muscles around your torso. 
- A gentle but highly effective full body workout.
- **Silver Pilates 60+**
- A gentle but highly effective full body workout.
- **Silver Tai Chi 60+**
- These circuits are designed to combine on slow and measured movements in order to create lean and stronger muscles around your torso. 
- A gentle but highly effective full body workout.
- **Supple Strength**
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- **Bodybalance®**
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