

Class Descriptions

Band Exercises	Resistance bands are a safe, effective way to get to incorporate strength training into your workout. They are extremely versatile and adaptable to any difficulty level.
Barre 360	Full Body & Barre exercises that focus on strength, posture and flexibility.
Cardio Interval Training	Interval training mixes brief high intensity exercises with low intensity movements to achieve a great cardiovascular workout with low/no impact modifications. Great for all ability levels.
Chair Exercises	Seated exercise can be challenging and effective for cardio and strength training. This class is great for the first time exerciser or people returning to fitness after illness/injury. Modifications are available to reduce/increase the difficulty of the exercises, all ability levels welcome.
Chisel	Chisel blends weight training and aerobic exercise for the ultimate 60min workout. By using a wide array of equipment and exercises each class is unique and effective.
Functional Weight & Cardio Training	Training for real world movements, functional training uses weight and movement based exercises to help improve your strength and stability for everyday life.
Gentle Yoga	This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.
Line Dance	Learn basic steps, rhythms and routines choreographed to music. Line dancing is a great cardio workout that helps improve memory and balance while having fun.
Mat Pilates	A full body workout that focuses on your core while lengthening and strengthening your muscles. A primarily floor based class that uses gravity, body weight and can incorporate small hand weights, resistance bands, foam rollers, rings and more.
New Year New You w/ Athletic Recovery	Don't lose sight of your resolutions!! Circuit training mixes strength and cardio exercises to create a class that is fast paced, results driven, and never repetitive. Each class ends with restorative stretching.

Power Yoga	This fast paced Yoga class uses traditional yoga poses to get a full body cardio workout.
Safe Start	Feeling intimidated by the more advanced classes where everyone seems to know what they're doing? Safe start is the class for you!! Offering a relaxed environment with lots of instruction and the ability to ask questions while still delivering safe and effective cardio and strength training. A mostly seated class but standing modifications are available.
Senior Sneakers	Bentwater's own twist on "Golden Age" Fitness. A blend of seated and standing exercises with fantastic music guaranteed to keep your toes tapping and heart pumping.
Senior Strength	Creating and maintaining muscle is important at all stages of life but it's especially important as the years progress. Regular strength training helps to prevent osteoporosis and frailty by stimulating the growth of muscle and bone. This class will help you build muscle mass in a safe, injury aware environment.
Senior-cise	Enjoy the benefits of cardio exercises without the risk of injury with Senior-cise. A mostly seated class that will get your heart rate up and keep the impact low. Standing modifications available.
Spinning	High intensity, low impact!! Indoor Cycling or Spinning uses interval, endurance, and strength training to create a fast paced, heart pounding class that is sure to leave you breathless and coming back for more.
Stretching & Mobility	Stretching your muscles and joints also leads to greater range of motion, improved balance, and increased flexibility.
Strong Body Cardio Fit	A class that incorporates strength training with cardio intervals. Blending weight, resistance, core, and endurance exercises you get an always exciting full body workout.
TRX & Kettlebells	The name says it all, this class uses our TRX and Kettlebell equipment for a full body, functional workout. Modifications are available for moderate to advance fitness levels.
Yoga	Yoga practices postures and proper breathing to align, strengthen and promote flexibility in the body. With the focus on holding postures, relaxation and flowing movements Yoga helps clear your mind, increase muscle strength and improve posture.
Zumba	Using easy to learn dance steps and exciting Latin/International music, Zumba is a fun and exciting interval cardio workout. Modifications available for all ability levels.