

A variety of adult aerobics classes are offered at the Westonka Activity Center. Classes are professionally taught in a comfortable setting with safety and fun in mind. No pre-registration required. Just scan your membership card at the front desk, or pay the Daily Fee when you check in if you are a non-member. **All equipment is provided with the exception of mats, towels, or blankets (where applicable).** Please consult with your physician prior to beginning any new exercise program.

Space in some classes is limited.

**Bootcamp:**

Bootcamp is one of the most popular high-intensity workouts around! Burn calories, tone muscles, maximize fat loss, and increase your metabolism. Each class is different. You will never have the same routine — and never get bored.

**Fit Express:**

Fit Express brings strength training and cardio to you for a fast-paced, high intensity, fat burning workout! Work multiple muscle groups to maximize your results while you rotate through stations, giving you the challenge desired for change.

**XABeat:**

XABeat is a dance-fitness program that provides a high intensity cardio and toning workout in a party-like atmosphere. We use top-rated, highly energetic, American music so everyone in class will understand, relate and lose themselves in it. The routines combine easy-to-follow dance steps and effective fitness moves. XABeat makes fitness FUN as we dance calories away and increase our self-confidence.

**RUMBLE:**

RUMBLE is an authentic, yet simple to master, cardio mixed martial arts class that is adapted for the group exercise environment. No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the ability to have fun along the way!

**Latin Cardio/Strength:**

This class is an hour of intense cardio and strength training. We will do cardio/dance for the first half of class and choreographed strength training for the second half. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the entire body!

**Cardio Dance:**

Is this a dance party or a workout? You tell us! Join us for this 45-minute workout by putt on your dancing shoes, press play, and get ready to get down.

**Lower Body Conditioning:**

This class utilizes strength and cardio which are combined to deliver a workout that is focused on building strong legs and glutes.

**Kettlebell HIIT:**

This intense 45-minute kettlebell workout is focused on burning calories and utilizing exercises to complete a full-body burn!

**Cardio Sculpt:**

A fast-paced, total body workout. While the format and equipment may vary, this workout will always combine cardio and strengthening exercises to tone and sculpt your entire body.

**Hatha Yoga:**

This class begins with mindful breathing and accepting where the body is at, then progressing into warming up the body with easy movements that transition into sun salutations and holding postures. Back bends and inversions may be introduced and modifications are offered. Discover a deeper connection between body and breath as you gain flexibility and strength. Suitable for all levels.

**Yoga Flow:**

This class starts out in stillness and progresses to a flow where postures are linked with breath to develop strength, flexibility and focus while realigning the mind and nervous system into balance, and ending with relaxation. Inversions and back bends will be introduced with modifications. Best suited for those with prior yoga experience.

**HIIT Yoga:**

This intense workout class combines High Intensity Interval Training with Yoga postures deliver cardio and total body conditioning.

**POUND:**

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

**Aqua Fit (See Aquatics schedules under Quick Links tab):**

Experience the benefits of water with Aqua Fitness! Aqua Fit is a low impact, shallow water, intense cardiovascular workout. Equipment is provided and used to increase intensity and heart rate.

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**Active Older Adult (AOA) Program:** The Westonka AOA Program is designed with the older active adult participant in mind. The program's overall goal is to assist, support and empower AOA program participants in increasing muscular strength and range of motion, while creating a fun and safe environment.

**AOA Fit & Strong:**

The AOA Fit & Strong class will strengthen your entire body and challenge all major muscle groups through a series of weight training and resistance exercises. Come challenge your body and improve your muscular strength and stamina. A chair is available for use for seated and/or standing support.

**AOA In-Motion:**

AOA In-Motion will increase your heart rate and help you sweat a little! We will alternate periods of non-impact cardiovascular work with periods of muscle conditioning exercises. Be ready to challenge yourself while having fun!