

## Complimentary Classes

### Aquatics

#### Hydro Fit Brooklyn Clubs

These group classes help to improve flexibility for Members who are not accustomed to exercising on a regular basis and who may require rehabilitation. Classes are given in the shallow or deep portion of the pool. No registration is required. All levels.

#### Water Works Brooklyn Clubs

The focus is on strenuous endurance training to enhance swimming performance. These group classes are given in the shallow portion of the pool only. No registration is required.

### Group Conditioning

#### Dance

##### African Dance

This is a fun workout class based on popular African dance movements. The dance is characterized by fancy footwork, intricate arm styling, and exciting turns and spins, all while a live drummer plays. Donations to the drummer are greatly appreciated.

##### Belly Dancing

Learn all the basic belly dance steps as you shake and shimmy to Egyptian dabbuka drums, stretch from head to toe, exercise inner muscles of the body, and learn to isolate each muscle group.

##### Broadway Dance

This class incorporates dance-based exercise to improve strength, flexibility, and balance. Exercises include ballet, Graham, modern, Fosse, and other popular styles.

##### Dance Fusion

Learn the latest, hottest dance steps and get a great workout to edgy dance choreography.

##### Flamenco

This famous dance was developed by Gypsies in the Andalucian region of southern Spain, but its influences are multi-cultural. The class combines the essence and upper-body style of flamenco with basic rhythms and footwork, and is performed to live guitar accompaniment.

##### Modern Jazz Dance

The class combines the technical foundation of modern dance with the thrill of jazz to create a unique total body challenge! We begin with a thorough warm-up that engages the core, develops coordination, and lengthens and strengthens the body. Once prepared, we learn an exciting and extensive dance phrase with movement and music aimed to inspire!

##### Nia Technique®

Nia is a dynamic expressive movement practice that uses the natural wisdom and intelligence of the body, blending principles and concepts from the Martial Arts, Dance Arts and Healing Arts. This combination creates a synergy that no isolated technique can match. Nia is revolutionary, replacing the idea of punishment with pleasure. Nia advocates doing things the easy way instead of the hard way. Nia is effective and fun!

##### Tribal Fusion Belly Dancing

An exciting workout that gives you total body dance technique and teaches you the anatomical building blocks of belly dancing. This workout will increase core strength, stamina, and coordination. SharQui Is not your typical dance class. It's an urban, aerobic workout that gets your heart pumping, feeds the soul, and celebrates femininity.

##### Zumba®

Come check out this popular dance fitness class! Inspired by latin rhythms, this class gets the heart rate up high for some calorie burning fun!

### Endurance

#### Multi/Sculpt

An exercise class that includes warm-up to increase blood flow to muscles, it will tone, define and strengthen all areas of the body. This class alternates from dance to sculpt throughout the hour.

#### Senior Sport

A beginner's strength and endurance workout with a fun movement segment followed by gentle conditioning; participants exercise at their own levels.

#### Step

Challenging bench aerobics class with advanced choreography.

#### Sculpt

A head-to-toe exercise class that includes a warm-up to increase blood flow to muscles, muscle-specific exercises to tone, define, and strengthen areas such as hips, thighs, glutes, arms and abs, followed by flexibility stretches. Muscle resistance equipment such as weights, dynabands, exertubes, and body bars may be used.

### Martial Arts

#### Capoeira Beginner/Advanced

Sensual, strenuous dance-based movements to African-Brazilian rhythms.

#### Cardio Kickboxing

A fast-paced combination of Martial Arts and Boxing moves blended into a solid aerobic routine. You'll practice self-defense techniques as you burn fat.

#### T'ai Chi

T'ai Chi Chuan is a traditional Chinese system of exercise and martial art. The slow, graceful movements relax, stretch, and strengthen the body. Its practice benefits the body's circulatory, nervous, lymphatic, muscular and skeletal systems as well as vital organs. It improves balance and coordination. The class includes warm-ups, breathing and stretching (chi kung), standing meditation, and a simplified T'ai Chi form.

#### Taekwon-Do

This is a Beginner/Intermediate class that helps build self-confidence, balance, coordination and strength as well as self-defense.

### Mind-Body

#### Chair Yoga

A yoga class where students are seated on chairs through most of the class. There is no floor work and limited standing. The benefits of yoga with less demand on the body.

#### Yoga–Anusara

The word 'anusara' means "flowing with grace," and this class emphasizes backbending and alignment through a vinyasa-style practice that flows from pose to pose. A stimulating, challenging, and positive experience.

#### Yoga–Hatha

These classes are designed to help students of all levels develop strength and flexibility through the holding of basic yoga postures (asanas). You will also develop steadiness of mind and breath through the practice of breathing exercises (pranayama) and relaxation. These classes will blend various styles of physical postures.

#### Yoga–Iyengar

Uses precise language to clearly define anatomical landmarks allowing the student to progress and learn the asanas (yoga postures) in a safe and systematic way. The use of props such as blankets, blocks, straps, facilitates learning and adjusts yoga postures to individual needs. The method combines intelligent action, observation and accurate alignment to move the consciousness inward from a deep understanding of the outer body.

#### Yoga–Vinyasa

Breath-focused movement and meditation to create a flow between postures and build heat in the body to tone muscles and increase flexibility.

#### Yoga–Basic Hatha

This is a basic Yoga class that involves slow-paced stretching and simple breathing exercises. Participants will learn basic poses and relaxation techniques. This class is an excellent introduction to Yoga.

### Spinning™

#### Spin™

This class offers an exciting, challenging workout with a variety of intensity levels. Classes combine the smooth, low-impact movements of bicycle riding, the endurance and cardiovascular benefits of distance riding, and the stimulation and fun of group exercise. For the novice or experienced rider.

#### Spin™ Flex

Combines a spinning ride and resistance training in one class using Flexbands, tubing, resistance balls, and dumbbells to train the major muscle groups, paying special attention to the upper body.

### Toning

#### Abs

Abdominal and lower back exercises.

#### Abs & Strength

A head-to-toe exercise class that includes a warm-up to increase blood flow to muscles, muscle-specific exercises to tone, define, and strengthen areas such as hips, thighs, glutes, arms and abs, followed by flexibility stretches.

#### Flexibility

Exercises from several sources of stretch and yoga to gently create balance.

#### Integrated Movement

This more meditative and focused approach blends body sculpting with Yoga, Stretch, Pilates and/or dance exercise.

#### Classic Pilates / Integrated Pilates / Pilates Mat

Based on the work of Joseph Pilates, these classes combines control, centering, flow of movement, and breathing. Focus is on core exercises that improve flexibility, joint mobility, and overall strength.

### Total Workout

#### Boot Camp

This challenging class is an aggressive, military-style circuit workout featuring high-intensity conditioning and power moves.

#### Fight Club

An advanced mixture of boxing, calisthenics, and strength-training circuits. Participants will also shadow box and use punching bags for an extra challenge. A highly skilled boxing instructor will guide you through jump rope and boxing circuits for a complete workout. We encourage, but do not require members to bring his/her own set of boxing gloves and/or wrap tape to class.

#### Hardcore Circuit

This class has a cardio component that alternates with functional core stations (meaning not crunch, etc.) for more movement in all three planes with resistance instability or load-bearing, that challenges the inner core muscles.

#### Resist-A-Ball

The stability ball is incorporated for use in stretching, strengthening, and balance-coordination exercises for a challenging yet playful class that targets your total body.