

## **Fitness Pass Classes are included with your WCC Membership**

**Mix 30 with Lorna Weber:** This class combines exercises from across the spectrum. Lorna mixes cardio and strength training, light weights and interval training to round out a great 30 minutes of exercise. You can join Lorna for the first or second 30 minutes, but if you want to challenge yourself go to the first and second class!

**Yoga with Murielle Corwin:** This yoga class is “for real people”. Yoga will realign and detoxify the body and develop inner and outer strength. At the end of the class, Murielle will leave you feeling energized, grounded, and refreshed. Strengthening and lengthening muscle groups are one great way to relieve stress and some of those daily aches and pains.

**Zumba Gold with Barbara Johnson:** Zumba is a Latin inspired dance fitness class that incorporates Latin and International music and dance moves. They create a dynamic, exciting, exhilarating and effective fitness system. Dancers and non-dancers alike easily acclimate to Zumba classes because previous dance experience is not necessary. **Zumba Gold** is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults

**Flex Fit with Cedric Maguire:** Classes will consist of fifteen minute blocks of moderately skillful exercises, which will be conducted at various stations or as a group. Warm-ups, stretches, and flexibility exercises will be incorporated and then move into cardio, resistance training and bodyweight exercise.

**Waterworks with Lori and Jaja:** Classes are set to music with five major components: warm-up, specialty exercises, run exercises, barbell & noodle work and cool down. This class focuses on all parts of the body to tone and firm muscles, increase your flexibility and range of motion, stimulate your circulation and improve your overall conditioning. Instructors use the water’s natural resistance, buoyancy and therapeutic qualities to provide an aerobic benefit while toning and improving your overall fitness level using modified movements.

**Core Concepts with Cedric Maguire:** This class focuses on strengthening your core to increase functional and mobile strength for everyday activities, as well as improve performance during athletic and recreational activities. This class uses kettle bells, medicine balls, dumbbells and a series of body weight exercises to build strength and endurance.

**Power with Cedric Maguire:** This class is based more on strength and physical power, building your body and taking it to the next level.

**Country Heat Live! with Lorna Weber:** A Beach Body fitness program. Country Heat Live! is a country music based mixture of dance moves and fitness all in one. Enjoy this low impact, high energy dance set up to burn calories and tone your body.