



Class Descriptions Blossman

1810 Government Street
Ocean Springs MS, 39564
228-875-5050

Active Adult Fitness

Active Adult Fitness is a class for seniors that includes light cardio and strength training - many exercises are done while seated or using a chair for balance and stability. *BRING WATER & TOWEL

Aqua Arthritis

A beginner water class that focuses on range of motion exercises and balance, through the use of water fitness bells. Class taught in the shallow water only.

Aqua Blasters

Aqua Blasters is a no impact class utilizing water bells for a resistance workout, that focuses on all ranges of motion, water jogging and stretching. No swimming skills required, since class is taught in the shallow end of the pool.

Aqua Fit

A fusion of aquatic fitness techniques to build core strength, flexibility, cardio and endurance. Mostly done in the shallow end of the pool, with the option of deep end exercises.

Aqua Jogging

A no impact class, using floatation belts and water bells for flexibility, muscle tone, calorie burning, and core strengthening. This class is good for members who have chronic pain illnesses. (Ex. arthritis, fibromyalgia, spinal issues and sports injuries.) Participants work out at their own pace.

Aqua Zumba

A safe, challenging, water-based workout that's cardio-conditioning, body-toning, and exhilarating beyond belief, set to a mixture of exciting music to motivate you.

Barre

Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can. Get toned, lean, long muscles, all while improving balance and core. BRING A TOWEL & WATER TO CLASS

Chair Yoga

Emphasizes stretching and coordinating breath with movement to rejuvenate and nurture the body all while being seated in a chair. Great for people new to yoga or those who are not comfortable doing yoga on the ground. *BRING A YOGA MAT/TOWEL & WATER TO CLASS

Circuit Training

Make your weight training fun! Lift weights with friends, moving from station to station!

Cycling

A fun and intense cardio cycle class! Get ready to have a blast! *BRING A TOWEL & WATER TO CLASS

Functional Strength

Functional Strength focuses on training muscles to work together simulating common movements you do at home, at work, or in sports. The class focuses on strength, agility, balance, and core. A great class for anyone looking to improve their overall fitness. *BRING A TOWEL & WATER TO CLASS!

Gentle Yoga

Emphasizes stretching and coordinating breath with movement to rejuvenate and nurture the body. Gentle yoga is for people new to yoga or for those who want a slower, less strenuous class. *BRING A YOGA MAT/TOWEL & WATER TO CLASS!

Glute & Core

This is a 45 minute long class that focuses on toning the glutes and strengthening the core muscles - consists mostly of floor based workouts using body weight, resistance bands and weights. *BRING A TOWEL & WATER TO CLASS!

Kid Fit (Ages 3-6)

Ages 3-6 years *BRING A TOWEL & WATER TO CLASS!

Kids Zumba (Ages 7-13)

Zumba for Kids is a dance fitness class just like mom's Zumba, but with age-appropriate music and moves, and an emphasis on "feeling fearless on the dance floor. *BRING A TOWEL & WATER TO CLASS!

Les Mills Body Attack

High-energy tunes will get you ready to run, jump, push-up, squat and lunge as you perform athletic strength and cardio movements to raise your heart rate and burn calories in Les Mills BODYATTACK. This sweat sesh is suitable for all fitness levels, and is meant to tone and shape your body. You'll soon find yourself getting faster and more agile with each class. *BRING A TOWEL & WATER TO CLASS!

Les Mills Body Combat

Les Mills Body Combat is a high energy non contact mixed martial arts inspired workout. The class is combined with great music, energy, and instructors. Get ready to kick and punch your way into fitness! *BRING A TOWEL & WATER TO CLASS!

Les Mills Body Flow

Body Flow is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body, and your life - leaving you feeling calm and centered. This class uses a series of yoga moves and embraces elements of Tai Chi and Pilates. *BRING A TOWEL & WATER TO CLASS!

Les Mills Body Jam

If your members love to dance, they will fall in love with Les Mills BODYJAM, our totally unique dance workout. Inspired by the freshest moves and most on-trend music from all over the world, BODYJAM is the high-energy cardio workout that turns your fitness studio into a dancefloor. *BRING A TOWEL & WATER TO CLASS!

Les Mills Body Pump

Les Mills Body Pump: A barbell workout for anyone looking to lean, tone, and get fit fast using light to moderate weights with lots of repetition. This total body workout challenges all your major muscle groups. Instructors will coach great technique of scientifically proven moves. This class is matched with great music and motivation to help you achieve your best results. *BRING A YOGA MAT/TOWEL, WATER AND A FACE MASK!

Les Mills CORE

This class is a 30 minute Les Mills core training class formulated to help you gain strength and stability in your core. A great class for anyone looking to gain strength and assist in injury prevention. *BRING A YOGA MAT/TOWEL, WATER AND A FACE MASK!

Les Mills GRIT

30 minute high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. *BRING A TOWEL & WATER TO CLASS!

Les Mills RPM Cycling

Les Mills RPM is a intense cardio cycle class with great music and energy. *BRING A TOWEL & WATER TO CLASS!

Les Mills Tone

Les Mills Tone combines strength, cardio, and core training into a complete and convenient workout. This multi peak workout helps burn calories and build strength. A great class for all fitness levels! *BRING A YOGA MAT/TOWEL, WATER AND A FACE MASK!

LIT

Light Intensity Training - Low impact cardio, strength, and core interval training. Appropriate for all fitness levels. *BRING A YOGA MAT/TOWEL, WATER AND A FACE MASK!

Parkinson Class

Parkinson Class is a physical and mental class for individuals with or without Parkinson's - it consists of seated and standing exercises, sometimes using props. This class focuses Big and Loud movements, balance, and mobility. *BRING WATER & A FACE MASK!

REV02LUTION RUNNING (Requires Registration)**Stretching Class**

Stretching Class, as the name suggests, is all about setting aside dedicated time to stretch your muscles. The intent of a stretching class is to improve range of motion, increase recovery and to place a strong emphasis on the more gentle, restorative parts of an exercise program.

Yoga

A class that incorporates mind, body, and spirit. This practice will take you through a series of movements, while using breath breath, meditation, and relaxation techniques. *BRING A YOGA MAT/TOWEL, WATER AND A FACE MASK!

Youth Functional Training (Ages 8-14)

Ages 10 -16.