

CLASS INFORMATION

All classes include a warm-up, work phase and cool-down. For your safety, please do not enter a class more than five minutes after it has begun.

Classes that consistently have fewer than five participants are subject to cancellation.

CLASS DESCRIPTIONS

CARDIO

Cardio Boxing – Cardio conditioning focusing on boxing fundamentals, technique and self-defense. 60 mins.

Cardio Express – Aerobics class that involves high and low impact movements. 30 mins.

Cardio Sculpt - Full on cardio burst with sculpting exercises in between. May use light weights. 40 mins.

Cycling - Cardio workout on the stationary bike that helps build endurance and strength. 45 mins.

Introductory class is 30 mins.

Dance Step – Aerobics class that combines dance and the step for a fun workout. 30 mins.

HIIT – High intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. 30 mins.

Line Dancing – Learn different line dances each week as well as the favorites. 30-60 mins.

Interval Training – Combines cardio and muscle toning all in one workout. 30 mins.

POUND® - Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. 30 mins.

Sprint 8 (Elliptical) – High intensity, low impact cardio class using an elliptical that burns fat and builds muscle. 20 mins.

Total Body Blast - Works all major muscle groups using cardio and various equipment. 40 mins.

Weight Step – Low impact aerobics with step and weights that targets legs, upper body, and core building strength and flexibility. Also improves balance, coordination, and agility. 30 mins.

Zumba® - Combines Latin and International music with a fun workout. 30 mins.

STRENGTH TRAINING

Body Sculpting - Non-aerobic muscle conditioning class using dumbbells, barbells, bands, steps and/or exercise balls. 30-45 mins.

Fitball Toning – Focuses on all major muscle groups using an exercise ball and weights. 45 mins.

Upper Body and Core - Focuses on upper body muscles from core to shoulders/arms. 30 mins.

KIDS (AGES 5-12)

KID FIT - A youth-oriented program that uses movement to improve focus, coordination, physical fitness and teamwork skills. 30 mins.

Age Guidelines: Children 12 years old may participate in Group Exercise classes with a parent or supervising guardian.

Ages 13+ may participate in Group Exercise classes without a parent or supervising guardian.

SILVER SNEAKERS®

Classic – Offers a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand weights, resistance band and a Silver Sneakers ball are offered for resistance. A chair is available for support. 45 mins.

Circuit – Offers an upper-body strength workout with hand weights and a Silver Sneakers ball alternated with low-impact aerobics moves. A chair is available for support. 45 mins.

Stability – This class was designed to build strength and improve balance. Movements focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving reaction time. 45 mins.

Yoga - Offers a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of motion. The final relaxation promotes stress reduction and mental clarity. 45 mins.

MIND/BODY

Pilates - Focuses on strengthening the core, which includes the abdominal and low back muscles. 45 mins.

MELT® (Rollers) – Helps prevent pain, heal injury and reduce the effects of aging. This class uses neurofascial techniques that will enhance body awareness, rehydrate connective tissue and quiet the nervous system. The class incorporates core strengthening and stretching to help build a strong foundation for a healthy back. 30-45 mins.

MELT® (Balls) - Using both soft and semi-firm balls placed under the hands and feet, this class combines a form of acupuncture and acupressure to stimulate positive changes in digestion, sleep, anxiety, and a host of chronic symptoms. 30-45 mins.

Yoga – Offers a total body/mind workout in this traditional class for all levels. 45 mins.

Yoga Sculpt – Incorporates light weights, bands and light intensity cardio bursts to add a new challenge to the mind and body from traditional yoga. 30 mins.

LOW INTENSITY

Barre above® - Hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training. 30 mins.

Barre Chair - Hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training with the stability of a chair. 30 mins.