

<i>Class</i>	<i>Class Descriptions</i>	<i>Instructors</i>
Active Aging Yoga	This yoga class is made safe for people in their later years. We will be focusing on creating stability and strength through functional movements rather than extreme or overly repetitive, strenuous yoga poses. Although this class is probably more for an Active Aging population, it can be an excellent class for all ages. It's yoga for strong healthy movement as we age.	Amber
Barre	Barre is a fusion of Ballet, Yoga, Pilates and strength training. It is a full body workout with an emphasis on lower body and core. All choreographed to motivating music involving the ballet bar.	Tonja, Angie
Bolly X	Bollywood-inspired dance-fitness interval program that combines exhilarating choreography and intensive workouts with upbeat music from around the world. Bollywood has always been gender neutral. BollyX has designed its choreography to be approachable and without a lot of hip movement.	Linda
Cardio Core	A total body workout combining strength, resistance training, and core stability work.	Jacque
Cardio Dance	Exhilarating cardio class to radio hits (pop, club, hip-hop) that uses music and moves that combine fast and slow rhythms to tone and sculpt your body while burning fat.	Brittney
Cycle & Tone	Combination of cycling & weights, circuits, and core. Combines all techniques and a variety of equipment.	Shannon
Gentle Yoga	Slow, methodical yoga sequences and restorative poses are incorporated to gently open the body and allow muscles to relax. Participants may practice breathing exercises visualizations. Suitable for people of all ages and experience levels.	Rolf
Get Fit	Get Fit is a fitness class adaptable to challenge all fitness levels that uses a variety of equipment and exercises to move, build muscle, and have fun.	Angie
High Low	This is based on traditional aerobics principles that create a steady state cardio workout without the impact of burpees or cardio push tracks.	Brittany H.
LaBlast	LaBlast takes you through a diverse mix of famous ballroom dances set to your favorite music, everything from pop, rock, to Hip-Hop. Experience dance styles from Jive to Foxtrot and Viennese Waltz to Lindy Hop also utilizing weights.	Suzanne
Muscle	Half strength training using dumbbells, bars, balls, bands, and more. Half stretching	Tonja
Pop Pilates	A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.	Brittney
Pumped Up	A sweat-drenched functionally efficient workout that will challenge your body in new ways, improve lean muscle mass and rev your metabolism.	Anna
Strength And Conditioning	This class is a fusion of cardio, strength, balance, and flexibility continually modified to create change in the body. Different methods of training and equipment will be used. Varied intensity levels for all fitness levels.	Tara, Michelle
Total Body Strength and Conditioning	Mix it up and keep it fresh with this cross training functional workout via circuits, intervals, LIIT, Tabatas, and fun sports conditioning drills.	Barb
WERQ	WERQ is the wildly addictive cardio dance workout based on trending pop and hip hop music. WERQ is designed to give you the best sweat with repetitive athletic moves and fresh dance steps.	Anna
Yin Yoga	Yin Yoga is a gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds of postures.	Sara
Yoga	Personal Equipment is required. Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching. Gentle Yoga is especially for beginners.	Tonja, Maysa, Elizabeth
Zumba	Latin-inspired dance fitness class based on interval training. Toning uses weights during class.	Maysa, Brittney, Michelle
<i>Water Aerobics</i>	<i>Class Descriptions</i>	<i>Instructors</i>
Arthritis	Designed to be gentle on the joints	Janet
Aerobics	Burn fat with this fast-paced workout combining intervals and work with noodles. All fitness levels welcome.	Karen, Janet, Angie