

CLASS DESCRIPTIONS

30/30: 30 minutes of cardio and 30 minutes of muscle & core work.

Athletic Challenge: Cardio & strength training class utilizing hand weights, steps, spin bikes, and jump ropes with intervals of walk/running on the track. It's a fun, fast, and athletically challenging class.

Barre Strength & Tone: Combines Yoga, Pilates, and Ballet moves to slim, strengthen, stretch, and tone your body.

Cardio Cycle Interval: A unique class done with various levels of intensity within seven minute sets. Challenge yourself with cardio circuits on the spin bike mixed with bursts of cardio workouts off the bike. Challenge your cardio endurance.

Cardio Shock: This fast paced class combines high and low impact exercises to really work your heart and lungs. Build your cardiovascular endurance through a variety of exercises that will push you to build your cardiovascular system.

Circuit: Circuit is a rigorous interval training sequence with high-intensity exercises of strength. It builds cardiovascular fitness while improving muscular strength and endurance.

Core/Bosu: This exciting workout combines a moderate to high intensity cardio, core, and strengthening workout. Enjoy energy building cardio choreography and muscle strengthening all in one class.

CSI: A comprehensive workout including intervals of cardio and strength exercises, followed by a total body stretch. Includes intervals of step, walk/run on the track, hand weights, jump ropes, and floor exercises.

Cycling: Improve your cardiorespiratory endurance. Proper alignment, body mechanics, and goal specific training will be taught.

Cycle Sculpt: Change up your spin workout with strength intervals. Cycle sculpt with increase your cardio and strength endurance.

Full Body Circuit: A full hour for your whole body. Come work hard and increase your overall fitness through a variety of cardio and strength exercises. Utilizing the bike, track, gym, and entire spectrum of exercise equipment you will never get bored.

High Fitness: Jump and dance your way into fitness! This plyometric dance fusion class will get your heart pounding and your body moving as you turn up the heat in this high intensity class.

HIIT: This class is a fast-paced, fat-burning workout featuring intervals of work and rest. The class format will keep all fitness levels burning calories at their own pace. A full body workout and stretch.

Kickboxing: Kickboxing combines martial arts techniques with fast-paced cardio. A high-energy workout to fit all fitness levels. Build stamina, improve coordination and flexibility, and burn calories. You will build lean muscle with this fun and challenging workout.

LaBlast: A partner-free ballroom type dance fitness workout from the absolute beginner to the experienced dancer. Whether you want to tone your body, maintain a healthy lifestyle, learn to dance, or just have a great time, it offers something for everyone.

Muscle Max: Come pump up your metabolism, build muscle mass, and strengthen those bones! This class is designed to build muscular strength and endurance. We will be using equipment ranging from free hand weights to stretch bands to barbells to bosu.

Pilates: Pilates is a form of low-impact exercise that will strengthen muscles while improving postural alignment and flexibility.

Restorative Yoga: A gentle yoga involving long holds in restful poses. Improve stiff muscles and joints and promotes relaxation.

Rock Bottoms & Tight Tums: This class is dedicated to abs, glutes hamstrings, quads, inner and outer thighs. Abdominal muscles will also be worked from the front, sides and back. This class designs all exercises in a layered sequence from easy to difficult.

Step: Use an adjustable step platform in this high-energy class. Increase endurance and body toning. Begin with a dynamic warm-up, followed by choreographed cardiovascular exercises. Step up your fitness, your heart rate, and your mood!

Stretch: A total-body stretch to strengthen connective tissue. Designed to improve the elasticity of your muscles as well as restore and reaffirm comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion.

Strength & Tone: This class will push your muscles increasing strength and muscle tone.

TRX: An innovative workout using suspension straps to build lean muscle, boost your metabolism and tighten your core.

Weights: Use weights in endless ways to increase your strength and endurance. Build and tone muscle helping you feel great and look great!

Yoga: Yoga improves circulation, strengthens muscles, increases flexibility and breath capacity, reduces stress and improves wellbeing. Includes various poses and some meditation and relaxation. Power Yoga is a more intense harder yoga workout.

Zumba: Fuses Latin rhythms and international zest with easy to follow moves. Achieve long term benefits while experiencing and exhilarating hour of calorie burning, heart racing, muscle pumping, body energizing, awe inspiring moves. Routines and resistance are varied to tone and sculpt, while burning fat.

Senior Fitness classes: Classes designed for older adults who want to improve their strength, flexibility, balance, and endurance. All classes offer an optional chair used for seated or standing support and may be used for stretching and relaxation exercises.

Aerobics for Seniors: A perfect fit for someone who is active and looking for a Total Body Workout that is easy on the joints. We will work every muscle group using a unique set of exercises, while providing the necessary cardio and stretching.

Silver Sneakers Classic: A variety of exercises designed to increase muscular strength, range of movement and improve activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance.

Silver Sneakers Circuit: Combine fun with fitness to increase your cardio & muscular endurance, muscular strength, and balance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low impact aerobics choreography.

Silver Sneakers Yoga: Will move your whole body through a complete series of seated and standing yoga poses. Learn to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.