

CLASS DESCRIPTIONS

BODY SCULPT: Strength training using light weights, bands, balls and more that hit all the muscle groups. Be prepared for the challenge.

CARDIO SCULPT: A variety of muscle sculpting exercises combined with blasts of cardio. Get a complete workout in 60 minutes.

FOAM ROLLER: It's amazing what a rolling the major muscle groups over foam cylinder can do. This breaks up knots in the muscle and releases fascia (connective tissue), which increases mobility, makes daily activities easier, increases performance, and even releases stored emotions. Club rollers are limited, so please bring yours if you have one.

H.I.I.T.: High Intensity Interval Training. This is a high intensity class with the goal of getting the most out of the 45-60 minutes. Cardio and strength moves will be alternated in an interval training format.

KICKBOXING: This knockout class is all you need to fight unwanted pounds. Get your cardio and strength training through kickboxing moves with bags and gloves.

LOW/MODERATE INTENSITY AEROBICS: Dance and step class offering a variety of different movements at a lower intensity level.

PILATES: Learn a variety of exercises that strengthen and stretch the core muscles – abs, back and glutes. Benefits include strengthening of arms, legs and abdominals.

PIYo: Blending Vinyassa Flow yoga and Metabolic Pilates, this class is a fast flow yoga and a challenging calorie burning Pilates.

PUMP IT UP: A group strength and toning class incorporating basic barbell exercises set to music.

R.A.G.E. (Random Activity Group Exercise) - This class offers variety and an element of surprise. The class will primarily be a Boot Camp or H.I.I.T. style class. However, we may have special guests to offer Kickboxing, Studio Cycle and more.

SILVER SNEAKERS CARDIO: Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVER SNEAKERS CLASSIC: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

STRONG by ZUMBA: This class combines body weight, muscle conditioning, cardio and plyometric training synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep. All fitness levels are welcome!

STUDIO CYCLE: This indoor cycling class utilizes various cycling techniques for a high intensity workout set to music designed to meet your individual fitness goals.

SUPER SENIORS: Aerobic exercise, flexibility and resistance training using weight equipment. This program will help senior members achieve strength and help aid injury prevention.

YOGA: This strength and stretch class emphasizes form and flexibility to tone your body using basic yoga moves and poses.

ZUMBA: Latin dance and fitness moves for a great cardio workout that is easy to follow for all fitness levels.

ZUMBA GOLD TONING: Easy-to-follow dance fitness program that will build muscle strength, increase bone density, decrease body fat, improve mobility, posture, coordination and cognition.

ZUMBA TONING: Latin dance & fitness moves with sculpting exercises for a total body workout.