

Group Fitness Class Descriptions

Body Blast

This class combines a simple plan of moderate to difficult workloads including calisthenics, plyometrics, skills & drills and more. **Body Blast EXP** is a power-packed version of Body Blast in 30 minutes!

Buns & Bellies

45 minutes of abs and glutes! Just in time to get ready for Summer!

Cardio KickBox

Take your workout to another level with this 60-minute high-energy cardio class! It includes a combination of kicks, boxing & plyometrics. Be prepared to sweat!

Cardio Strength

This class blends high and low cardio segments with strength training. A combination of Body Blast and Muscle Madness.

Flex & Stretch

This class is great for individuals at any fitness level. Come reap the benefits of great stretching and improve your daily living.

Intro to Yoga

Learn the fundamentals of yoga to build a strong foundation for your yoga practice. In this class you will learn basic poses of yoga, proper breathing and alignment, how to safely move into and out of poses, and modifications. For those new to yoga as well as a refresher for those who have not practiced in a while and those who want to get back to basics.

Muscle Madness

This workout is an excellent overall muscle conditioning class! It utilizes various conditioning tools such as; tubing, dumbbells, resist-a-balls, weighted bars, and more. Come enjoy sixty full minutes of pure strength training!

Pilates / Power Pilates / Beginner Pilates

Develop core strength, flexibility and awareness as you strengthen mind, body, and spirit!

PowerBox

This 75-minute class will test your strength as well as your martial art skills. A combo of Boxing and Muscle Madness!

Power Yoga

Power Yoga is a rigorous and dynamic form of Yoga designed to improve the health, performance, and mental acuity of individuals interested in improving their fitness levels. Using breathing techniques and principles of core stabilization, this practice blends balance, strength, flexibility and mental focus in a fitness format. For experienced, physically fit, intermediate to advanced students.

Tai Chi

Discover this graceful form of exercise used to improve balance, strength, and overall health. Originally developed in ancient China for self-defense, tai chi uses rhythmic patterns of movement and breathing to connect the body and mind.

Therapeutic Yoga

Designed for people with arthritis, chronic pain or limited mobility. The use of chairs and other tools adapt yoga poses for just the right level of challenge for *you*. Regardless of your fitness level, this class will be fun, balancing, strengthening and rejuvenating.

SilverSneakers® MSROM / Cardio Circuit

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. A chair is used for seated and/or standing support, if needed.

Step & Tone

45 minutes of Step aerobics followed by 15 minutes of toning exercises. The perfect Cardio workout!

30x30

Classes include two exercise components – an excellent choice if you're looking for lots of variety!

Yoga I / Yoga / Yoga II

Enjoy the mind & body experience of this age-old art. Calm your spirit & relax while improving strength, flexibility, balance & overall coordination. Class intensity, flow & style may vary.

Yoga I is recommended for individuals beginning an exercise regimen and those with no previous yoga experience.

Yoga is a basic yoga class appropriate for all levels of experience.

Yoga II an energetic level of vinyassa flow yoga for those interested in deepening their practice and learning more challenging poses. For experienced practitioners.

ZUMBA®

ZUMBA is a fusion of Latin and International music and dance themes that create a dynamic and exciting fitness program.

This class is great for individuals at any fitness level.