

BARBELL STRENGTH – A strength training workout using barbells and adjustable weights. The class is designed to work every major muscle group in your body by also incorporating the use of hand weights, tubing and body bars.

BASIC YOGA – Great class for beginners or anyone who wants a slower paced yoga class. We focus on basic classic yoga postures, alignment and breathing techniques. We explore ways to increase strength, increase range of motion and improve balance. At the end of each class we offer a relaxing recovery. Any necessary props will be provided.

CARDIO/STRENGTH FUSION – Get an overall complete cardio and strength workout. Every week will offer a different instructor with a different format. Please call or check the group fitness calendar in the aerobics room for a monthly class schedule.

CORE AND MORE – Combining the principles of Pilates and Yoga with the use of weights, bands, balls and barre. An emphasis is placed on strengthening the core and more. Variety makes this cross-training class challenging in a different way each week. Look forward to improved balance, strength and flexibility (and fun).

CIZE® – A professional dance for everyday people! Created by Shaun T, world famous choreographer and fitness trainer, CIZE breaks down professionally choreographed routines, step-by-step. Before you know it, you'll be bustin' out hip moves to the hottest music around. It's so fun, you'll forget you're working out!

DANCE FUSION ROTATION – Come and try one of our varieties of popular dance formats from Cize, Mixxedfit, Werq, and Zumba! This class will be taught by a different instructor every week. Please call or check the group fitness calendar in the aerobics room for a monthly class schedule.

GENTLE EXERCISE – Improve your strength, flexibility, balance and mobility. Gentle exercise is a primarily seated class that will give you all the health benefits of exercise in a relaxed and motivating setting. This is a great workout for pre-rehab/rehab individuals and for those who want to increase strength and range of motion.

H.E.A.T(High Energy Athletic Training) – In this class we will combine cardio, strength and agility to give your body a total body workout that will be reminiscent of your high school sports days.

HIGH INTENSITY FUSION – In this high-intensity total body workout, we will be performing a variety of strength and bodyweight exercises along with intense periods of cardio drills with short recovery segments. We will be using a mixture of equipment such as, ropes, kettlebells, dumbbells, and more to increase your strength and stamina. This type of training helps you give maximum intensity while still maintaining your exercise form and will keep your body burning fat long after you leave the gym.

LITE N'LIVELY – A gentle workout with low impact activities and light weight bearing exercises to build strength, stimulate bone growth and improve balance/posture.

LINE DANCING – Have you ever wanted to be able to join the fun at weddings or clubs when you saw people line dancing? In this program you will learn a variety of line dances that will let you join in the fun.

METABOLIC CIRCUIT TRAINING – is a full body conditioning workout that focuses on full body strength and cardio conditioning. Circuit training is an excellent way to improve mobility, strength and stamina.

MIXXEDFIT® – A perfect blend of explosive dancing and bootcamp inspired toning. Come have fun with this exciting and easy to follow dance workout!

MULTI-LEVEL YOGA – Experience a variety of teaching styles in this multi-level yoga class. Yoga offers improved flexibility, strength, balance and the means to learn relaxation techniques to relieve stress. Modifications make this class accessible to all and appropriate props are provided.

PILATES FIT – A deep toning total body workout focusing on correct alignment, flexibility, core strength and a beautiful posture. Pilates Fit combines original Pilates exercises with innovative fitness moves creating an exciting and fun workout.

PILOXING® – Piloxing is a unique blend of muscle sculpting standing Pilates, the cardio of boxing and the sensuality of dance all to give you a fun and high energy interval workout.

PIYO – There's no time to stop and chant in this class because you won't pose you'll push it! We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean, beautiful physique. This dynamic fusion workout combines the core benefits of Pilates and flexibility of flowing yoga movements. You'll sweat, stretch, and strengthen—all in one PiYo workout!

RIP BARBELL STRENGTH – A high rep pre-choreographed barbell routine, using weights and a barbell. Each movement is matched to the music. It integrates functional orthopedic exercises, and uses plyometrics and power for program variety and training effect. RIP stands for REPS, INTEGRATION, and POWER.

R.I.P.P.E.D. – Combining Resistance, Intervals, Power, Plyometrics, Endurance along with following a proper Diet, our R.I.P.P.E.D. class will deliver an athletic total-body and high-intensity cardio/strength workout. Run through a series of music tracks using the R.I.P.P.E.D. formula to improve power, agility, speed, endurance and strength using free weights and your body's resistance. You will burn a massive amount of calories and get R.I.P.P.E.D.!

STEP – Old is new again in this intense step workout that offers the latest in step choreography. This class combines a variety of moves, intervals and creative use of the step to provide you with an amazing workout! Some basic knowledge of step is helpful.

STEP UP AND POWER DOWN – A high energy class full of fun and easy "step combos" designed to increase your cardiovascular fitness. Be ready for a great workout! Class winds down with resistance training, core strengthening, and/or stretching.

STRENGTH and FLEXIBILITY – Strengthen and lengthen your muscles in a yoga class where we will warm up by flowing through poses, then hold poses to build strength. We'll increase flexibility by passively holding floor postures for several minutes in order to enter a safe release of the deep tissues of the body and end with final relaxation.

TOTAL BODY STRENGTH – Get a complete full body strength workout by using a variety of fitness equipment. Move through all planes of motion as you build muscular strength, improve endurance and get into fantastic shape.

TRX STRENGTH – A complete full body strength workout using the TRX suspension straps, tubing, body bars and more!

TURBO KICK® – Ultimate cardiovascular challenge utilizing kickboxing and hip hop style moves, complete with bouts of intense intervals and specially designed strength and toning sections. Burn LOTS of calories, while having FUN with great moves and awesome music!

ULTIMATE WORKOUT – A complete full body workout with a unique blend of aerobic and anaerobic conditioning, calisthenics, strength, and endurance training! Exercises will be low impact but high intensity using your own body weight with little or no equipment.

YOGA – A variety of yoga will be offered in this class. We will be flowing through poses to create heat and holding poses to build strength. Balance, stretching, and sometimes a challenge pose added into the mix! Modifications are always offered as well as ways to advance in the poses.

ZUMBA® – Zumba is a fusion of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance moves.

ZUMBA® GOLD – This class will appeal to those younger or older, who are new to Zumba. We have fun learning moves at a level which anyone can be comfortable with. "Ditch the workout, join the party!"

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DESCRIPTIONS