

Class Descriptions

Mind-Body

Strength and Yoga: Relieve stress and increase flexibility and strength through holding postures, breathing, and relaxation techniques taught on an intermediate level.



Yoga 2: This practice is a graceful blend of Hatha yoga styles taught on an intermediate level focusing on flowing movement and more advanced breathing techniques.

Pilates: Condition your powerhouse...exercises improve core strength, postures, flexibility, and overall body conditioning. (1hr)

YogaStretch: a flexibility, conditioning, and relaxation class that includes standing and seated chair postures. No floor postures required (1 hr).

Aerobics

Step-Up: Step routines are based on a series of 32-count choreographed step combinations. (1hr)

Double Step: Advanced class for those wanting more from the step routine. (1hr)

Cardiostretch: 30 min of varied cardio exercises followed by 30 minutes of invigorating and relaxing stretches that increase strength and flexibility. (1hr)



Zumba: Latin dance-based cardio workout to the high energy tunes of latin grooves. (1hr)

Cardio KICKBOXING: A blend of mixed martial arts designed to build strength, stamina, coordination, and balance with weight training (1hr).

Zumba Gold: Basic Latin dance-based cardio workout introduced in this lighter paced class. (45min)

Family Zumba: Basic Zumba class for the entire family. Kids ages 5 and up with a parent can attend.

Cycling

Spin: An instructor facilitates sports-conditioning drills that simulate outdoor cycling such as hill climbing, sprints, mountain biking, ect. (50 min)

Cycle Lite: Basic drills & cycling concepts are introduced into this lighter paced workout. (30 min)



Strength

Body Fit: Body Bars, hand weights, bands, stability balls, and medicine balls are used to define and strengthen all major muscle groups. (1hr)

Sweat and Sculpt: A variation on Body Fit class with aerobics between strength training drills. (1hr)

Class Hard Core: A variety of core-specific exercises are used to streamline and strengthen the abdominal and lower back region (30min)

Beginner Core: Light, core exercises used to strengthen the abdominals and lower back.



Extras

SilverSneakers: A one-of-a kind chair assisted workout for active older adults. Get fit with daily living activities along with aerobic and muscle strengthening exercises. Give it a try...You will love it! (1 hr)

SilverSneakers 2: The next level! Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout (1hr).

Sr. Sweat and Sculpt: Combination of light interval cardio and strength training. (1 hr)

