

CLASS DESCRIPTIONS

Abtastic/Core Commotion/Absolution: A variety of core-specific exercises are used to streamline and strengthen the abdominal and lower back region.

30m

Barre: Postural alignment and flexibility to strengthen and lengthen muscles set to upbeat music *no dance skills required*

Beginner Indoor Cycling: A great way to get started loving indoor cycling in this 30 min class that introduces basic cycling circuits.

BFit and Strong: A fusion of cardio, strength and muscular endurance training with an emphasis on developing a strong core and body balance.

Cardio Blast: This 30 min cardio class will challenge you with cardio and strength using varied circuit training formats.

Cardio Chisel: Get an energizing cardiovascular workout and chisel (sculpt) your body with weights!

Cardio Core: This 30 min. class combines core-fused cardio moves and floor work to strengthen and tone the mid-section.

Fusion: Intervals of cardio and strength for the most of your workout in least amount of time (30min)

Flow: Active flexibility to strengthen and lengthen muscles through dynamic movement (30min)

Hard Core Boot Camp/Boot Camp: Highly challenging cardio, strength and core circuit training to old school upbeat music. Guaranteed to burn lots of calories. Bring your water to this exciting new class!

Hip-Hop Step: A 45 min class combining easy to follow step aerobics and upper body strength training set to hip hop music.

Indoor Cycling: These classes provide a cardio workout while catering to all fitness levels. The instructors will lead you through a challenging series of courses to maximize your calorie burn. You control your own resistance and speed allowing you to progress forward from your current fitness level.

Kick and Step: a combination of Kickboxing and Old School Step Aerobics to increase your cardio vascular endurance while at the same time toning your lower body. Great for all levels of fitness. Kick & Step to Hot New and Old school music.

Line Dancing: Beginner to intermediate level dance steps for a light cardio workout and lots of fun!!

MixFit: Blend of challenging cardio, strength and core training. Guaranteed to make you sweat and burn calories!

PiYo: Dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility through choreography set to upbeat music using body weight. Bring yoga mat

Power Yoga: Power flow yoga is a series of yoga postures that are linked together using the breath and body. Each class incorporates breathing exercises to help heat your body along with sun salutations, lunges, twists, balance postures, back bends, and core strengthening movements. Each pose is held for 3-5 breaths in order to build strength and flexibility. It will make you sweat! (Bring yoga mats)

R.I.P.P.E.D.: This high energy, intense, full body workout is specially choreographed to fun music. Shed pounds, build muscle and tone up with the perfect blend of cardio and strength training. Safe, doable and extremely effective.

Silver Bullets: 3 alternating segments of cardiovascular endurance and muscle strength endurance for a fun filled total body workout.

SilverSneakers: A one-of-a-kind chair assisted workout for active older adults. Get fit with functional fitness, which imitates daily work, along with aerobics and muscle strengthening exercises. You will LOVE it.

Spin and More: Cardio workout that will make you sweat and burn calories, then 15 minute ab workout and 15 min of stretch. 1 ½ hours.

Strength and Stretch: Body fit class followed by flexibility stretching. A great way to start the day! (30Min)

The MIX: Blends the hottest music with old school dance favorites. Every class is a fitness party with easy to follow and fun dance steps.

T.K.O./Kick It: Designed to get you into fighting shape. This class combines kickboxing, mixed martial arts and body weight training to increase your cardiovascular endurance and muscular performance. Perfect for all fitness levels including beginners looking to get in shape quick or the advanced participant wanting a challenge.

TNT: A 45 min class targeting various muscles using various exercises and equipment along with body weight to tighten and tone each muscle group.

FUSION: Cardio, strength, and flexibility training in twenty minute segments designed to get the most out of your workout in the least amount of time.

WERQ: the fiercely fun dance fitness workout class based on current chart topping pop, rock, and hip-hop music.

YOGA: Hatha style yoga for every space, body. Beginners to more advanced are welcome. Bring yoga mat.

SUNDAYS, 4:00pm: Each Sunday a different class is offered.

Check the monthly schedule for a list of these classes.

Not all classes listed are offered every month