

STRENGTH/CARDIO

Boot Camp: Complete cardio & sculpt class focusing on sports conditioning, designed to MOTIVATE!

Calorie Crush: Get the calories burning with this individually paced class designed for a maximum metabolic boost for both the beginner and experienced exerciser.

Final Cut: A full body resistant work out to improve strength, define and increase muscle tone.

Functional Fitness: Using steps, tubing or light hand weights, perfect for older active adults, someone recovering from an injury/surgery or for those with arthritis, fibromyalgia, or limited mobility.

(H.I.I.T) High Intensity Interval Training is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery.

Lift: Use hand weights, plated bars, tubing, and bands for a full body workout. Improve strength, muscle tone, definition, and flexibility.

S.E.T: Strength and Endurance training. A great combination of strength and cardio packed into one class.

Zumba: Combines Latin rhythms with cardiovascular exercise to create an aerobic routine which is high energy with unique moves that help you dance away your worries. A true "feel happy" workout.

Zumba Gold: Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to follow Zumba choreography that focuses on balance, range of motion & coordination.

AQUATICS CLASSES

Aqua Fit: Designed to go at any pace/intensity. Water provides resistance & helps improve cardiovascular & muscular endurance, balance & muscular strength.

Aqua Plus: For intermediate to advanced individuals looking for a great cardiovascular class without the impact! Improves cardiovascular fitness, muscle strength & endurance.

MIND/BODY CLASSES (these classes have limited availability, please sign up prior to class to ensure your spot)

Core Yoga : A flow yoga with main emphasis on core strength. This yoga is designed for all skill levels.

Pilates: A challenging and exciting class that provides endless exercises to train your core and increase flexibility using hand weights and bands.

Pilates/Yoga Mashup: A combination of Yoga and Pilates moves.

Yoga: Entry level yoga focusing on basics of yoga poses and stretches that increase flexibility.

Yoga Plus: Focuses on techniques to improve breathing and flexibility utilizing basic as well as advanced yoga poses. Modifications are made for beginners.

