

Class Descriptions

Cardio, Strength, and Abs

Body Sculpting: Come and tone your muscles in this high intensity workout class by using a variety of resistance training equipment that will work out your total body. You will also get your heart pumping for a great cardiovascular workout.

Boot Camp: Achieve your fitness goals with this high-energy, drill-based, interval sessions! Your agility, strength, cardiovascular fitness, and core stabilization will be challenged using your own body weight and equipment-based drills.

H.A.B.I.T. (Hips, Abs, Butts, and Incredible Thighs!!!): This is a muscle strengthening class that targets the hips, abs, butt, and thighs. We will incorporate resistance equipment like dumbbells, body bars, and bands into this class to increase intensity. If you didn't know that there are over 600 muscles in the human body, you will after this class.

Hard Core Abs: Target and challenge the abdominals, back, and hips in this intense and dynamic workout. You will learn how to effectively strengthen the core using proper form and technique! By building core strength, you will be able to improve your posture and ward off lower back pain!

Spin: Our indoor cycling class starts with a 5 minute warm-up of easy pedaling and a focus on proper technique. Once the class starts be prepared to ride your way through rolling hills, steep climbs, false flats, and sprints. This class will also offer a cardio challenge by using different speeds, resistances, and endurance segments.

Sports Enhancement: This is a high intensity workout similar to our popular Sports Circuit class without the circuit form. Focus is on agility, balance, and controlled movements to isolate specific muscles and muscle groups.

Step N Tone: This class is designed to help you achieve cardiovascular and muscular fitness simultaneously. With alternating step combinations and toning exercises you'll have so much fun sculpting major muscle groups and putting together dance-like combinations you'll forget that you are working out.

Zumba®: Zumba! Is a fusion of Latin and International music/dance themes that create a dynamic and exciting, yet easy to follow class? It combines high energy and motivating music with unique moves and combinations making for a "feel free" workout that is great for both the body and the mind!

Kickboxing : This is cardiovascular workout that will increase your heart rate by doing a combination of punching, kicking, and blocking. This fun energizing class offers various levels to meet everyone's needs. We will also work on endurance, strength, and coordination while burning tons of calories by doing basic to advanced moves. It uses creative choreography to get your heart pumping and offers a total body workout.

Active Older Adults

A.O.A (Active Older Adults): Come and join our low impact senior aerobic class formatted especially for active older adults. This class includes low intensity cardiovascular segments with emphasis on stretching, toning, and full range of motion exercises.

Light N Low: Uses low impact moves for cardiovascular conditioning as well as muscular endurance and overall toning. This class will get you going and make you feel energized by the end of class. It is a great way to start or end your day.

Zumba Gold®: This fusion of Latin and International music/dance themes create a dynamic and exciting, yet easy to follow class! It combines high energy and motivating music with unique moves and combinations making for a "feel-free" workout that is great for both body and mind, designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold® is done at a lower intensity, not as fast, but it certainly is as fun.

Body, Spirit, and Mind

Pilates: This class will teach traditional mat Pilates that can be done anywhere and is designed to lengthen and strengthen your entire body using core muscles. These movements will help you gain posture, alignment, balance, and flexibility. It is a fresh spin on basic Pilates mat work out using all sorts of props rings and balls to name a few. Each class will be introducing new choreography for a fun, exciting, and effective workout.

Yoga: This class will go through a series of poses; designed to help with physical alignment, with an understanding of correct anatomical movements and various deep relaxation techniques. It increases strength, flexibility, and awareness of the body to develop a more healthful movement. Gain the benefits of stretching, core strengthening, overall body toning and awareness. The benefits will enhance strength, posture, flexibility, and balance. You will leave with an overall sense of well-being.