

CLASS DESCRIPTIONS

All of our classes are instructed using a variety of intensity modifications, making them suitable for both beginning and advanced participants. We offer classes for all ages, all levels and all interests.

Barre: A great toning workout that uses the ballet barre and its incorporation of movements derived from ballet.

Belly Dance: This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary core strength.

Body Combat™: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn move from Karate, Taekwondo, Boxing, Muay Tai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your fighter attitude and leave inhibitions at the door.

Bodypump™: A challenging original barbell class that strengthens and tones your entire body using a barbell, weights, a step, and a mat.

*Space is **Body Sculpt:** This total body weight bearing workout uses various types of resistance to strengthen every muscle group to maintain muscle mass and bone density. Leave class feeling exhilarated.

BodyStep™: a full-body cardio workout to really tone your butt and thighs. In a bodystep athletic class, you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body. Great for those who prefer quicker stepping and higher intensity workouts!

Bootcamp: You can command Power, Strength and Agility with this military inspired circuit workout that will push you to your limits. As you maneuver your way through each workout station, you'll lunge, crunch, box and more for a full body workout. In the end, you'll leave class feeling exhilarated.

Cardio Kickboxing: This high intensity class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and intermediate athletes (This is a non-contact class.)!

Cardio Dance: Utilizing different types of dance movements to exercise your body and heart, this class helps you achieve your target heart rate and have fun while doing it. Mix up your workout routine with some dancing and fun!

Core Power: Everybody wants better abs! But more than just looks, strong abs help contribute to overall core strength. Please warm up before coming to this class as no warm-up is included. Be ready to work!

Cycle: A 45-60 minute high-energy class using stationary bikes. This class provides a blend of fun, motivating music, and a certified instructor guaranteed to give you a cardio burn!

GRIT®: Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute team training session combines high impact body weight exercises and uses no equipment. Led by a highly-trained coach, LES MILLS GRIT® Cardio provides the challenge and intensity you need to take your training up a notch and really get results.

H.I.I.T: This class uses non-choreographed exercises to train athletes and non-athletes to perform better in sport and life. It is a circuit of high intensity strength and cardio intervals targeting the full body, with special emphasis on the core. There will be multiple stations utilizing unique types of equipment to keep the energy high and heart pumping!

Meditation: Awaken your creativity and center your for the day/week with a 20-minute semi-guided meditation. New to meditation? Attend this class and learn how to observe your current state of mind and body through gentle words of guidance. If you meditate frequently, use this time to deepen your practice and take home tips to keep your stress at bay.

Pilates Mat: Pilates Mat classes are designed to improve strength, flexibility, coordination and balance through a series of pushing and pulling exercises that may add resistance for an extra challenge.

Power Vinyasa: This class incorporates regular sequences that become familiar to students, but incorporates variations to modify, intensify, or challenge the body by altering the pace or duration of poses, and the frequency that they are repeated.

SilverSneakers®: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. A chair is used for seated and standing support.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, resistance tubing with handles and a SilverSneakers® ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching and relaxation exercises

SilverSneakers® Cardio Fit: Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Stability and Balance: This class is designed to help participants become stronger and improve balance. The movements taught in class focus on improving strength and power around the core & joints, while improving reaction time. This class is designed for nearly every fitness level.

Step: This class will give your heart, body, and mind a workout with easy-to-follow low or high impact choreography that keeps you interested and challenged. Both novice and experienced steppers are encouraged to attend. Proper form and stepping technique is a priority for safe and effective practice in this class. For an added bonus, abdominal, low back, and flexibility training is also incorporated.

Step Circuit: Creating muscle definition requires a combination of cardiovascular and strength training. This hybrid class achieves the best of both worlds through a non-stop alternating circuit of cardio intervals utilizing an adjustable step and challenging strength training.

Sunrise Yoga: Begin your day with a centering and awakening yoga class designed to stretch your body and enrich your spirit. Stimulate your creativity through a beginning meditation and warm up with gentle flow postures guaranteed to set you up for a successful day.

Tabata: A High Intensity Interval Training (H.I.I.T) class that uses shorter rest periods between body weight, resistance, and cardio exercises designed to maximize your anaerobic and aerobic thresholds, helping you to build muscle and increase endurance all in one class!

Tai Chi Chuan & Qi Gong: Join in on the moving meditation! This practice, over time, leads to better balance, posture as well as better mental focus by creating a calm and clear mind. Additional benefits include an increase in muscle tone, strength, and flexibility, making functional day-to-day activities easier and more enjoyable.

TRX: The TRX system focuses on developing agility, speed, endurance and body resistance via a mechanism of suspension exercises.

Vinyasa Yoga: Vinyasa classes use the flowing Vinyasa movement of Ashtanga yoga, but incorporates a variety of postures (instead of a set series of postures like Ashtanga) to cultivate balance, flexibility, strength and endurance.

Wall Yoga: In this class we will do yoga poses at the wall, using the wall to improve alignment, offer traction, deepen stretches, and feel supported during balancing poses. All levels are welcome.

Water Aerobics (Shallow): This is a low-impact water class designed to provide cardio conditioning, improved muscle tone, and improved balance. The class will utilize different equipment for a fun challenge. It is a total body workout without the stress of land-based exercise. Non-swimmers welcome.

Water Aerobics (Deep): This class utilizes the resistance of the deep water to get your heart rate up and muscles moving. We will alternate between water weights, water noodles, and hand pads to make each class fun and interesting. Non-swimmers welcome.

Yoga 1: (Beginner Friendly) This gentle class is designed for students with little or no previous Yoga experience. This class focuses on gentle movements and establishes basic yoga principles and awareness. Beginners are encouraged to attend.

Yoga 2: (Intermediate) This class is geared toward students with a little more Yoga experience who want to build progressively. More work on basic strength and flexibility, with an emphasis on standing pose.

Yoga 3: (Advanced) Taking it to the next level, we encourage those who are advanced in their practice to try this class. Poses are more advanced and include deeper binds and an increased complexity in flow sequences. Familiarity with Sanskrit is recommended.

Zumba®: It's an exhilarating, effective, easy-to-follow, Latin-international inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Zumba® Gold: Designed for active older adults with a much lower intensity. Based on the same Latin-inspired dance moves to shimmy and shake your workout up. It's never too late to join the party! relaxed, noncompetitive atmosphere. The exercises are safe for all ages, but please let your instructor know if you have any physical limitations.