

CLASS DESCRIPTIONS

BOOTCAMP (60 MINS) – This Personal Trainer-led program will push you beyond the plateau and get some serious results! Workouts are varied and open to men and women –not for the beginning exerciser. May be held indoors or outdoors. Must pre-register - additional fee.

ABS & BACK (30 MINS) – This class will consist of total abdominal and low back exercises to help strengthen the core.

BARRE (55 MINS) – Fusion class where we focus on balance, flexibility, and strength training designed to build and strengthen your muscles through small, isometric, concentrated movements that work the entire body with extra attention to the core (belly, hips, and thighs). Body bars or chairs, weights, spri balls or more may be utilized.

BOXING FOR FITNESS (60 MINS) – shadow boxing, target practice, heavy bag work and defense with martial arts mixed in. Train like a fighter!

CARDIO BLAST (60 MINS) – Total body workout with aerobics & strength/core training and 5 minute stretch. Weights, balls or bands may be utilized.

FIT CLUB (45 MINS) – 4 week jump start to help you get in shape quick! Led by a personal trainer, you will experience many types of workouts to get you to your goals. There will be no boring workouts! You will have fun and also earn a T-shirt in the first month.

HIIT (30 MIN) - High Intensity Interval Training - intense cardio and strength training intervals for some serious fat burning! This is an advanced level class.

INDOOR CYCLING (45 MINS) - This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

SCULPT EXPRESS (30 MINS) – This class consists of total body toning exercises, from head to toe. It's guaranteed to challenge your muscular strength and endurance. Balls, bands, bars, weights and more may be utilized in class. Open to all levels.

TURBOKICK LIVE (60 MINS) - Cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes. It's high intensity, fast-paced, full-body exercise that you'll totally fall in love with!

ZUMBA (60 MINS) – Have some fun in this dancing class with Latin music that will get you movin' and groovin'.

ZUMBA TONING (60 MINS) – designed as circuit training (a few minutes of cardio followed by a few minutes of strength training) which creates a higher calorie burn than strength training alone. Used with toning sticks/dumbbells. Because it is still Zumba – it's FUN!

YOGA/PILATES

GENTLE YOGA (60 MINS) - Reap the benefits of increased flexibility, strength and stress relief with a combination of beginner and intermediate level yoga poses that flow from one to another in conjunction with the breath. This class structure accommodates students of all ages and fitness levels as modifications will be provided.

YOGA FOR WELLNESS (75 MINS) – this beginner level pre yoga class provides stretching and relaxation techniques for better health, flexibility and personal energy. Perfect for those who think they are not flexible enough for yoga.

YOGALATES (60 MINS) - a combination of pilates, yoga and stretches. Great class for beginners and especially those who are beginning to tire of the usual yoga and Pilates classes and want to try something new.

PILATES EXPRESS (30 MINS) – mat Pilates but only 30 minutes long. Great starter class if you have never done Pilates before.

PiYo™ LIVE (55 MINS)- strength training and core conditioning for people who want to sweat their way to sculpted abdominals, increased core strength and greater stability!! It's the perfect fusion equaling strength building, rhythmic movement and power with a foundation in pilates and yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced.

POWER YOGA (60 MINS) - A Vinyasa style flow. Students will focus on linking conscious breath with a vigorous and mindful flow. In a power yoga class, students will build strength, flexibility and concentration while cleansing the body and calming the mind.

HAP KI DO for kids ages 8 – 16. This is a traditional Korean Martial Art, emphasizing basic blocks and strikes, which are combined into forms and more. Pre-register - additional fee. **ADULT HAP KI DO** – must pre-register – additional fee.

INTERMEDIATE PILATES REFORMER (55 MINS) – a progression of exercises to build on skills mastered in the beginner class. Must pre-register – additional fee.