

CLASS DESCRIPTIONS

BARRE – The Anna Newcomb method strengthens the spine and posture by challenging the core while strengthening major muscle groups such as: shoulder, arm, and leg muscles. The upbeat exercises and stretches keeps the momentum in the class leaving you with an “I can” attitude!

FUSION FITNESS - Exercise has many perks—and you want them all! Flat abs, toned arms, and tight tush. It's hard to get that range of benefits from any one workout... enter Fusion Fitness!

GENTLE STRETCH YOGA - is structured around rejuvenating and healing the body. It's at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles.

KICK, JAB AND TONE - This class combines the basics of kickboxing with the motivation of music and adds in an ever changing element of strength and toning. This class will work you head to toe!

KITCHEN SINK - Like surprises? Muscle memory won't help in this class. Changing it up is key to preventing the dreaded plateau so roll the dice and take a chance! Class format changes weekly. We will work everything but the kitchen sink!

PiYo Live - Influenced by Yoga and Pilates, this low impact workout incorporates sports conditioning, athletic strength training, and core conditioning designed for the group fitness lover. Stretch, strength, cardio and core all in one!

SIT AND FIT - 60-minute chair exercise class with a focus on enabling stability, balance, strength, and mental awareness for our senior generation as well those recovering from an injury.

SIMPLY STEP - 60 minutes of fun-filled step aerobics with a variety of moves to get your motor burning! This class starts with basic stepping and ends with a focus on toning and core for a complete workout.

SPIN- Cardio based cycling combining flats, running, jumping and climbing. Whether you are getting back into shape or looking for a change to boost your current fitness level, we all start together and finish a workout together.

STRENGTH, CORE & MORE – Pilate's interval training for a complete workout. Cardio, sculpt and stretch.

STEP INTERVAL - This class includes basic step moves as well anaerobic interval challenges that focus on the larger muscle groups to keep you challenged & coming back for more! Heart rate will soar as you feel the burn!

SUPER SCULPT - 30 minutes of forever changing dynamic moves that challenges both you and your muscles while utilizing a variety of equipment. This toning class will tighten and improve muscle appearance.

TRX - Suspension Training system that leverages gravity and your bodyweight to perform exercises. Challenge yourself by simply adjust your body position to add or decrease resistance.

YOGA - focusing on breathing techniques, increased flexibility, toning, improving mental awareness, athletic performance, and overall health fitness. All levels welcome!

ZUMBA – A nonverbal cueing, aerobic workout that mixes high-energy, Latin-rhythm music and unparalleled moves that make you forget you are even exercising! This fun workout does not require dance experience.

ZUMBATone - 60 minutes of a calorie burning Zumba party + toning sticks or light weights to tone all target zones, including arms, abs and thighs; perfect way to sculpt your body while having a total blast!

* Light up the night at the Black Light Zumba Party held the First Friday of each month from 7-8pm! Participants are encouraged to wear white or bright clothing. You'll move to your favorite radio hits as well as some classic Zumba songs. Never done Zumba before? This is a great time to try it! This is a fun party experience for men and women of any age and fitness level. For ages 13 and up. This event is free for members or \$5 for walk-ins. Registration is not required.