

Bootcamp uses military experience to build a full body workout to increase strength and endurance.

Boxing is for ages 8+ to learn the basic skills for boxing competitively or for fitness. USA boxing club is a training time for members seeking more advanced skills and longer training sessions with potential of competing.

Britney's Beats fuels your workout with a variety of equipment and exercises that uses the music to motivate the moves. Feel the beat, fell the heat!

Core will strengthen from hips to shoulders with a primary focus on the abdominal and back muscles. Weights and equipment are used in addition to body weight exercises. Modifications available for all levels.

Gentle Awakening Yoga sets the tone for your day. Every class is a little different but they all include strengthening, stretching, and balancing the physical body. Attention is given to the movement with the breath and cultivating a holistic sensitivity. Class ends with a short guided meditation. All levels are welcome.

***Healthy4Life** is a small group program geared members that have health concerns that may hinder them from traditional fitness classes. These conditions may include heart disease, diabetes, obesity, cancer, recent surgery or stroke. We use cardio equipment, resistance balls, bands and light weights to work gently through a fitness program specific to each individual's needs. ***Preregistration required**

HIIT is a High Intensity Interval Training that uses cardio exercises to increase your heart rate with active rests. We work up a sweat with easy to follow, low impact moves. All ages welcome.

Homeschool Open Gym is a time designated for families that have children learning from home to get physical exercise and social time. We encourage all ages, even preschoolers. Participants can bring toys or use those provided. Open gym is limited to the gymnasium only and is free to the community.

***Intro to Gymnastics** is for kids ages 5-7 & 8-10 yrs old to learn the basics of uneven & parallel bars, balance beam, and mat work used in gymnastics. ***Preregistration required**

***LLC (Ladies Lift Club)** is a time designated for women to learn how to safely & properly use the free load weights and machines. Participants will be guided through the use of the weight room in a supportive & encouraging environment.

Pickleball is a paddle ball sport that blends several other paddle ball sports together with a unique scoring system all of it's own. We offer an indoor and outdoor court for matches. When we do not have enough players we have a Lobster Pickleball machine that can be rented for \$10/hr for individual or doubles practice.

Pilates is a full body workout that creates long lean muscles with a focus on breathing and posture.

***SilverSneakers** are designed for older adults who wish to enjoy Fitness, Fun and Friends. We move to music through a variety of exercises, designed to increase strength, range of motion and balance, and standing support. These classes are low impact training suitable for beginners to intermediate skill levels and can be adapted to meet all fitness abilities. Bring a bottle of water and wear comfortable clothing and footwear appropriate for exercise. **Preregistration required.**

Spin uses stationary bikes with tension controls to vary the workout intensity. The instructor uses the tempo of the music to get the class up, down, fast or slow to keep you working hard and having fun. ***Preregistration recommended**

Tabata is a High Intensity Interval Training that will boost your metabolism and keep burning calories for hours resulting in increased strength, endurance, flexibility and cardiovascular fitness. Workouts are never boring, take half the time and lasting results.

Tae Kwon Do is a martial arts program for all ages and abilities. Learn about self defense, discipline and get a workout at the same time.

Tai Chi is a art embracing the mind, body and spirit. Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body.

The Price is Right, Senior Cardio in the cardio room is a self guided time to COME ON DOWN and join friends and watch everyone's favorite game show while moving on the cardio machines. ***Bring a friend for FREE!**

***Weatherbee School of Dance** is a youth dance program for ages 2-10 yrs old that includes tap, jazz, ballet, intro to hip hop and tumbling. ***Preregistration required & additional fee to the school of dance**