

Zoom/Outdoor/Indoor Group Fitness Class Descriptions

Barefoot Strength & Motion: A Dynamic class done barefoot (shoes can be worn), reconnecting the mind and body with elements of cardiovascular endurance, muscle balance, agility and strengthening while utilizing techniques to increase flexibility and stabilization.

Body Weight Burn 360: Be prepared to break a sweat with this cardio and strength based class, no equipment but yourself!

Chair Yoga: Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. Open your hips, move your shoulders and neck, and find length in your spine.

Core, Stretch & Tone: Classes include highly effective sequences of toning and resistance exercises with an emphasis on the core, butt and thighs with a fusion of Yoga and flexibility.

Cycle: This high energy class on stationary bikes includes movements and positions with hill climbs, sprints and interval training

Gentle Yoga: A less intense, gentle practice. Slow movements allow for awareness of the breath, body and mind. *This is a great class to start your Yoga journey but all levels are welcome.*

High Fitness: Aerobics is Back! Bigger, Better, HIGHer! Experience more than just a workout. HIGH Fitness is simple, intense, consistent, inclusive, and fun! HIGH transforms old school aerobics into a highly addictive new experience that combines modern fitness techniques (i.e. HIIT, plyometrics, intervals of strength and cardio) with music you know and love, resulting in a high energy, intense, and crazy fun workout that leaves participants wanting more.

High Low: A throwback to the old school days of Hi Lo Aerobics, HIGH Low brings the same energy, intensity, and effectiveness of a HIGH Fitness class with lower impact. The simple and consistent moves with music you love results in a high energy and crazy fun workout.

Interval Training: An efficient combination of intervals and tabatas offset by low intensity recovery periods allows you to truly go all out! Designed to be safe and low impact, including mobility moves and Foundation Training to prime your body for hard work.

Prime Time: A strength and movement based class designed for active older adults. Work on stability and balance while having a blast. Classes include different elements of fitness to develop strength and cardiovascular endurance while conditioning the entire body.

Strength Training: Learn the basics fundamentals of adding muscle to your body through proper posture and body mechanics.

Tai Chi Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life.

Vinyasa Yoga Flow: Utilizes Vinyasa breath-synchronization while flowing through salutations and poses to maximize flexibility and strength. An active yoga class that focuses on stretching muscles and working through asanas while deepening the mind body connection. All levels are welcome.

Water on Land: Bring the “water” to your living room! This class will work on movements done in the water but land based.

ZUMBA® : *Ditch the workout...Join the party!* The Zumba program fuses International rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will make you smile from your head to your toes.