

GROUP EXERCISE CLASS DESCRIPTIONS

Barre Flow - Class combines ballet barre, light weights and various props. 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.

Boot Camp - This class isn't for the faint of heart! Using a circuit style approach, your Fitness Drill Sergeant will use a variety of body weight exercises to keep your heart rate up and keep you burning calories.

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.

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.

High Intensity Interval Training (HIIT) - An efficient combination of circuits, 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.

Low Back Health - This class uses a combination of stretching, subtle joint manipulation, and specific strengthening exercises to help relieve low back pain and keep you moving. Your trainer will also assess your active and passive posture to help realign your spine and help reduce stress and relieve pain.

Pilates - This integrated flexibility class is based on the methods of Joseph Pilates, which will transform your body from the core. The program is structured for participants of all fitness levels and is designed to tone and sculpt your powerhouse. By utilizing breathing techniques, participants will develop a strong abdominal core while optimizing postural endurance and joint stabilization.

Prime Time - A strength and movement based class designed for active older adults. Classes include different elements of fitness to develop strength and cardiovascular endurance while conditioning the full body. Work on stability and balance while having a blast! This class is geared for all fitness levels by offering modifications to each exercise.

SMR - Self-myofascial release (SMR) uses foam rollers, stick rollers, tennis balls and other tools to release muscle tension, improve flexibility and boost movement efficiency.

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

GROUP EXERCISE CLASS DESCRIPTIONS

Suspension Training - A training technique designed to utilize the whole body as a single coordinated system. Suspension Training is a great development step in functional training. Suspension training exercises allow motion in three dimensions which is impossible to achieve with any other fitness equipment.

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.

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.

CYCLING

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

Wake up & Cycle - Hop out of bed and energize with this fun and motivated early morning ride. Includes cardiovascular endurance and abdominal work at the end of class.

YOGA

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.

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.*

Gentle Flow /Yin Yoga - This class is designed to reach the deep connective tissues of the body through holding healing yoga poses for a period of time. The class varies continually using dozens of poses so all areas of the body benefit.

Vinyasa Yoga Flow - Utilizes Vinyasana 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.