

GROUP FITNESS

CLASS DESCRIPTIONS

BARRE - This class combines the use of the ballet barre, light weights and various props. Classes include highly effective sequences of toning and resistance exercises with an emphasis on the core, glutes and thighs. *ALL LEVELS*

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 you burning calories. *INTERMEDIATE/ADVANCED*

CYCLE - It's a high energy class on stationary bikes that includes movements and positions associated with hill climbs, sprints and interval training. *ALL LEVELS*

HIGH FITNESS - Aerobics is back in a hip and unique way, and participants are loving this group fitness revival. It's old school aerobics transformed into a modern, heart pounding, fun, and effective workout. Classes are fun, easy to follow, and choreographed to set you up for success. Whether you're going HIGH or LOW, classes are designed to get you moving and keep you motivated. *ALL LEVELS*

HIIT - Known for its efficient combination of circuits, intervals and tabatas offset by periods of low-intensity recovery, it allows participants to truly go all out! *ALL LEVELS*

PILATES - This program is structured to tone and sculpt your "powerhouse". By utilizing breathing techniques, participants will develop a stronger core while optimizing postural endurance and joint stabilization. *ALL LEVELS*

PRIME TIME - It's a strength and movement-based class for active older adults. Work on balance and stability while having a blast! *BEGINNER/ALL LEVELS*

RETRO FITNESS - It's 45 minutes of moderate-intensity cardio intended to make you raise your heart rate, sweat, laugh and reminisce while listening to some 80's music. Headbands and leg warmers are encouraged.

STRENGTH TRAINING - This class combines traditional strength training with full-body, innovative exercises. *ALL LEVELS*

SUSPENSION TRAINING - For 45 minutes you'll use a training technique designed to utilize the whole body as a single, coordinated system. It's a head to toe workout that will improve strength, balance, flexibility, core and joint stability.

INTERMEDIATE/ADVANCED

TAI CHI - This ancient form of martial arts will improve balance, agility, strength and coordination and help you to flow through your everyday life. *ALL LEVELS*

ZUMBA/DANCE FIT - These classes fuse together international rhythms and easy to follow low-intensity and high-intensity moves for an interval-style, calorie-burning, dance and fitness party. They will make you smile from your head to your toes! *ALL LEVELS*

YOGA

CHAIR YOGA - Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Just like a regular yoga practice, chair yoga increases flexibility, strength and body awareness. When standing poses are included in a chair yoga class, the chair is used to help with and to improve balance.

BEGINNER/ALL LEVELS

YOGA - Blend of Hatha and Vinyasa Yoga using the breath to slowly and smoothly move from one pose to another, helping bring balance to the body and mind to maximize flexibility and strength. Focus is placed on stretching muscles and working through asanas while deepening the mind-body connection. *ALL LEVELS*

YOGALATES - Yogalates is a mixture of Pilates and yoga. You will get a workout that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness. *ALL LEVELS*