



Group Exercise Class Descriptions

****Please bring a mat to class****

Aqua - Fun, total body routine promoting calorie burning, muscular strength and endurance, balance and coordination utilizing shallow and deep water, for all fitness levels.

Barre - a lower body focused More advanced participants can bring ankle weights.

BoxFit - Burn calories and sculpt lean muscles from head to toe! Expect to punch, kick and more!

Butts & Guts - This class is designed to strengthen and tone your core, glutes, and legs, with short cardio bursts in the mix to make this a super effective workout.

Cardio Step- This fast paced, easy to follow step class burns calories and increases cardiovascular endurance. Enjoy it as your straight up cardio or as a prelude to your weight workout!

Lean Physique - This class will improve your fitness level with intervals of cardio and weights.

Power Step - Prepare to jump and shred calories with explosive stepping and jump training!

Power Strike - Top notch kickboxing on the heavy bag. Punch and kick the stress away as you trim your waistline and burn mega calories. Please bring your heavy bag gloves to class.

Ripped and Ride - Intervals of cycling and dumbbell exercises for a quick and effective body-slimming session.

Silver Sneakers - This class is a fitness program designed for the 65 and older group-with activities ranging from semi sedentary to active.

Spin - This calorie-blasting indoor cycling class takes you through a variety of drills, including endurance, climbs and sprints for an effective cardio session with great music to keep the atmosphere fun and energetic.

Stretch- total body flexibility and stretch, great for post workout or on its' own!

Trim Down- This workout combines several disciplines to deliver a comprehensive and exhilarating fitness experience to sculpt lean muscles and improve overall physique.. High energy movements combined with targeted muscle engagement using lighter weights will strengthen and define every inch of your body.

Total Body Strong - Straight up strength training for a strong body and a healthy metabolism.

Yoga - This dynamic flow class will move you through a variety of poses at your individual level while building strength, endurance and balance. All levels welcome.

Zumba - a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.