



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 gentle class focusing on lower body toning. Advanced participants should bring ankle weights for a more intense session.

Body Design - This class is designed for total body physique sculpting. There are no weights involved, just your bodyweight. You will enjoy barre and other toning exercises for a well-rounded and unique session.

Cardio Step- This fast paced, easy to follow step class burns calories and increases cardiovascular endurance.

Jump & Pump - safe and truly effective jumps are performed for maximum calorie burn and undeniable fitness gains. Weighted bar exercises are incorporated to create the ultimate total body workout.

Kickboxing - Burn calories and sculpt lean muscles in this boxing infused class.

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

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.

Pump it Up - This class includes upper body strength moves with dumbbells intervalled with your choice of jumping or no-impact leg work for your lower body sculpting.

Ripped and Ride - The best of both worlds! 15 minutes of spin to start your calorie deficit followed by 30 minutes of weights!

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!

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

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

***NEW* Triple Threat - Jump your way to better health, lift your way to a stronger body and spin your way to a total body calorie blasting session!**

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.

