



Group Exercise Class Descriptions

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

Abs & Stretch - Strengthen, stretch and sculpt your body to the CORE! TI body training session.

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

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

Cardio & Weights - This class will improve your fitness level with intervals of cardio and weights.

Cardio - Burn mega calories and tone up in this 45 minute cardio session.

Cardio/Tone Stretch - A blend of low impact cardio, dumbbell sculpting, pilates/barre and stretching to achieve a fit and flexible physique.

Express Spin - A calorie-blasting 30 minute indoor cycling class that takes you through a variety of drills, climbs and sprints for a quick and effective cardio session!

Express Step- This fast paced, easy to follow step class burns calories and increases muscle definition in less time. Low and high impact options given to make the class work best for you. Enjoy it as your cardio quickie or as a prelude to your weight workout!

Express Yoga - 30 minute flow yoga session to stretch, strengthen and balance the body.

Express Stretch- 20-30 minutes of stretching, great for post or pre workout or on its own!

Guts & Butts - 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.

Heavy Bag - Top notch kickboxing on the heavy bag. Punch and kick the stress away as you tone up 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.

Sculpting Rx - this class offers a constantly changing format...anything goes!

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.

Weights - 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.