



Group Exercise Class Descriptions

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

Abs & Core - a 30 minute session focused on developing a strong center.

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 - An all standing, low impact class focusing on lower body toning using a variety of props. Advanced participants may bring ankle weights for a more intense session.

Kickboxing Plus - Kickboxing with an infusion of different training techniques.

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

Lymphatic Flow Yoga - Open up your mind and body with this flow that regulates the nervous, circulatory and immune systems for a more balanced state of being.

Mat Pilates - low impact, full body workout that centers around your core.

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.

Rebounding - This class is geared toward burning calories, igniting your lymphatic system, and trimming down your waistline. Sign up at front desk to reserve your rebounder.

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! Some classes may incorporate ab work.

Step & Burn- Feel the cardio burn! This fast paced, HIIT style class, easy to follow step class burns calories and increases cardiovascular fitness.

Stretch Plus- A total body flexibility session, which may include lymphatic and mobility great for post workout or on its own!

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

Triple Threat - Jump your way to better health, lift your way to a stronger body and step(cardio) your way to a total body calorie blasting session!

Warrior Sculpt - an edgy, fitness-focused group workout that blends yoga flows with light weights, high-intensity interval training (HIIT), and mindfulness.

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!

