

Group Fitness Class Descriptions

Aerobic exercise conditions the heart, lungs and muscles; burns fat and increases metabolism improving your over all fitness. Our aerobic classes are designed to motivate, challenge and educate you in a fun and energetic atmosphere!

Beginning Pilates: The focus of this class is to familiarize participants with Pilates mat work. It is an introductory level class that targets the core muscles of the abdomen and back while focusing on the pilates principals. 1 hour

Beginning Yoga: A very basic class learning basic poses such as down dog and the warrior series. Some balance and inversion work. 1 hour

Cardio Circuit: A series of stations set up for the participant. We will work for 2-3 minutes on strength exercised using hand weights, tubing or the body bar, alternating with 1 minute of different cardio exercises. This class is a total body conditioning workout. 1 hour

Intro to Spin: Not just for beginners-This class is designed to acquaint the new spinner with technique and build overall comfort with indoor biking as well as bike set up and form which can benefit the long time spinner and make a difference to the quality of your workout. 40 minutes

Butts & Guts: This class is designed to target the problems areas. We will work with resistant bands, dumb bells and bosu. 45 minute

Fit Kids: This class will get the kids moving. We will do a variety of different exercises as well as fun games & activities. (Ages 3-6) ½ hour

Gentle Pilates: A slowly paced Pilate's class that includes muscle stretching and core strengthening. Great for beginners or anyone that may need more time and/or equipment to assist their pilates movements. 1 hour

Gentle Yoga: Beginning Yoga that focuses on stretching and flexibility for those with limited upper body strength. 1 hour

Hip Hop: This cardio freestyle dance class is designed to get your heart rate up while having fun! 50 minutes

Intermediate Pilates: This class is for those who have had prior instruction and understanding of Pilates fundamentals. New more advanced exercises will be introduced and previous material will be reviewed to refine technique and build endurance. 1hour

Kettlebell Advanced: This last is a faster pace routine with the Kettlebells. Kettlebells are a great cardio & strength workout. 45 minutes

KickBox: Develop new skills while discovering strength and attitude. This class is an intense cardio work-out with controlled jabs, punches, blocks, aggressive kicks, and easy to follow combinations. 50 minutes

Kids Yoga: (Ages 4-8) This class is a fun way to introduce kids to yoga. For a fun way to improve strength and flexibility. ½ hour.

Power Water: A more advanced workout in the water. 1 hour

Sculpt & Strength: This intense total body workout is designed to improve muscular strength and endurance for all fitness levels. Equipment options include; a step platform, hand held weights, and/or tubing. 1 hour

Active Senior I: This class is designed to increase muscular strength, range of movement. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, a chair is used for support. 50 minutes

Spinning: Ride into high gear with this exhilarating cardiovascular journey on a stationary cycle. 45-50 minutes

Intermediate Step: Through stepping up actions on a platform, you work major muscles in your lower body. This class will increase your aerobic capacity while emphasizing fun and "unique" choreography. 1hour

Vinyasa Flow Yoga: Based in Ashtanga this series include Sun Salutations and a strong focus on posture and breathing integration. The Vinyasa is the way in which the postures are connected with a flowing movement. Prior experience recommended. 1.5 hour

Water Aerobics: Exercises and strengthening utilizing both shallow and mid-water. 1hour

Yoga: A class that utilizes basic yoga poses to build strength and flexibility. 1hour

Yoga Flow: Basic yoga poses that move quicker into the next pose. Building strength and flexibility

Zumba: Latin dance to make you sweat. 30 minutes

Zumba Gold: Learn the salsa and at a moderate tempo. 45 minutes

In order to maintain class schedules, if the regular instructor can not teach a substitute teacher will be provided rather than cancel the class.