

Group Fitness Class Descriptions

Advanced Pilates: A very challenging mat workout. Advanced versions of fundamentals and new advanced exercises will be utilized. 45 minutes

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 principles. 1 hour

Beginning Yoga: An entry level 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 exercises 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

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 slow-paced Pilates 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

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

Kickboxing: Develop new skills while discovering strength and attitude. This class is an intense cardio workout with controlled jabs, punches, blocks, aggressive kicks, and easy-to-follow combinations. 45 minutes

Parent/Kids Yoga: A class designed for you and your child. Working with your child going through a series of different yoga poses. ½ hour

Power Circuit: Combinations of resistance training & cardio intervals for a "power workout." 1 hour

Power Pilates: A fast-paced intermediate mat workout. 45 minutes

Power Water Aerobics: A more intense water workout. You will improve your cardiovascular conditioning & muscular strength. 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

SilverSneakers® Muscular Strength & Range of Motion 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

SilverSneakers® Cardio Circuit II : This class will increase your cardiovascular & muscular endurance power. The class is designed as a standing circuit workout with chair 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. 1 hour

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. 1 hour

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

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