

Class Description

Aerobic Circuit-This class is conducted in the weight circuit room. The term circuit refers to a number of carefully selected exercises arranged sequentially. Each participant moves from one station to the next with little or no rest or may remain at one station for two sets, perform 30 seconds of 10 to 30 repetitions at each station.

Aerobics & Step-a cardio class which consists of a fun step workout and also a combination of High/Low Impact, performed at a moderate level of intensity. It is rhythmic in nature and uses large muscles groups.

Balls & Bands-designed to give you total body fitness with the use of 2 or 4 lb. weighted balls. The workout is performed at a moderate level for cardiovascular and respiratory fitness. Stretches for the entire body will also be included in this workout.

Beginner Yoga-a class for all fitness levels. It incorporates standing, seated, and lying poses, (supine and prone) to increase muscle tone, enhance flexibility and provide relaxation.

Body Contouring-(WOMEN ONLY)-this class is conducted in the weight circuit room. Free weights as well as machines are used to achieve the benefit of strength training. Concentration is given to each muscle group, as well as proper body alignment.

Body Sculpting-a light aerobic conditioning workout that zones in on specific muscles. This program offers total body toning with the use of light to medium hand weights.

Cardio Toning & Core-an innovative workout, consisting of cardio toning and strengthening exercises for your abs, back, buns, thighs, and upper body.

Combo Aerobics-an exercise program for people of all ages. It consists of warm up, low impact aerobics, and muscle toning exercises for the entire body.

Chair Aerobics-this program is designed to help participants increase mobility and range of motion through a series of gentle movements and activities. It also helps to keep joints flexible, maintain muscle strength and because it is a cardio class you will build a higher level of endurance.

Group Cycling-A cardio class built around 10 stationary spinning bicycles. Open to all abilities, the class offers low impact endurance exercise. Riders must get a "Ticket to Ride" from the Front Desk to reserve a bike.

Hip Hop-a head to toe workout combining cardio with total body sculpting. It also targets your ab's and melts the flab!

Kickboxing-a class consisting of cardio workouts and much more. Tough and a great workout!

Muscle Step/Ab Attack-Step class using 2 or 3 lb. hand held weights for upper body toning (optional). Slower BPM's for this class. Latter half of class consists of excellent ab work and cool down stretches.

Wild Card Day-come join us for an hour of fun and high energy. The routine for the day will be at the discretion of the instructor. Guaranteed to be a great workout. (Advanced)

Yoga/Pilates-a unique oriented class performed in a slow and controlled manner. These exercises not only strengthen and tone muscles, they help release stress, improve flexibility and to achieve a new body awareness.

Zumba-Zumba fuses latin rhythm and easy-to-follow moves to create a unique fitness class. The routine features Cumbia, Merengue, Salsa and Reggaeton interval training sessions, where fast and slow rhythm and resistance training are combined to tone and sculpt bodies while burning fat.