



Class Descriptions

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Athletic Based

Boot Camp:

interval training that incorporates cardio and weights with various stations. It's a great class for advanced athletes.

Halftime:

Combines Functional Integrated Training which will train every muscle group in your body with 30 min of cardio to make the ultimate workout.

Low Impact Power Hour:

will work the whole body with low impact cardio, weight training, core work and stretching. A perfect class for the first time exerciser or the mature member to stay fit forever!

Muscle Conditioning:

strength training designed for all levels, which improves the overall muscle condition and endurance. Pump it up!

Power Hour Xtreme

(PHX): an advanced level athletic- based class which uses your body weight, drills and plyometrics. This class is geared for the athlete.

Yoga and Pilates

Gentle Yoga:

New to Yoga? Try out this slower paced yoga class that is easier on the body. This class is for people of all ages, and fitness levels.

Pilates:

A non-impact class that trains the body from the "power house," or core muscles. Through precise movements you will tone and elongate the muscles and utilize the stabilizers. All exercises are done on the mat; please bring your own mat to class.

Yoga 1-2:

This multi-leveled non-impact class incorporates the traditional breathing, postures and relaxation of this ancient practice. Bring your yoga mat and enjoy connecting the mind, body and spirit as one.

Cardio

Kickboxing:

This class incorporates martial arts and fitness to make a great cardio class. Don't miss it!

Step:

You'll be stepping in style with choreographed combinations to fabulous music in one of the most popular forms of fitness classes.

Step Interval:

A blend of traditional and athletic step moves with weight training for an overall total body workout.

Zumba:

Want to "Dance like the Stars" and get a good workout at the same time? This is your class! No partner necessary. Ditch the workout and join the party!

Low Impact Conditioning (LIC):

This is an easy cardio class designed to keep you on the floor and the stress off your joints.

Core Cardio:

This hour of Cardio and Core exercise intervals will leave your body confused but looking awesome.

Youth and Children

Track Out Fitness:

These classes are designed for students in our Tracking Out program. Classes vary day to day on Mondays-Thursdays from 1:10 to 2:00. For K-5th graders.

Middle School Fitness:

These classes are designed for our students in After School Programs. Classes vary and meet Tuesdays and Thursdays from 4:00-5:00. For 6th-8th graders.

Youth Academy:

A 1 hour class to get together for sports, fitness and fun. For 3rd-5th graders

Express Classes (25 min.)

Killer ABS:

25 min. of abs, abs and nothing but abs.

Cardio Express:

ALL CARDIO! The format changes weekly; check the calendar and wellness announcements for details.

Dance Toning:

This class combines Latin dance moves with free weight strength training.

Strength:

This class will focus on technique to get your muscles an awesome burn.

Legs & Abs:

This class zones in on toning the legs and abs.

Upper Body & Abs:

This class zones in on toning the upper body and abs.

Cycling

Cycle:

You'll be sure to pedal away those calories with this non-impact cardio class, perfect for the beginner and the outdoor rider!

Cycle Boot Camp:

15 min. of cycle followed by 15 min. of strength training and repeat to make a fun workout! Great for the beginner or the advanced cyclist.

Yo-Cycle:

This class is a marriage of the cardio benefits of cycle (30 min.) and the stretching benefits of yoga (30 min.), leaving you feeling rejuvenated for the rest of the day!

Cyclates:

This class brings Pilates to Cycle with 30 min. of each to get your heart strong and your body loose.

Please note:

*Classes are open to members Middle School and older.

Excluding M-F cycle at 9:30am, Sat. 9:15 Cycle, which are for High School and older.

All classes are 55 minutes in length unless marked otherwise.