

Group Exercise Class Descriptions

Brick: 60 minute cardiovascular exercise class of running and cycling. Usually 30 minutes of each, but can vary with the times of each. If you do not run, that is ok; you can still participate by walking the course.

Cardio/Toning: A great mix of workouts. Variety of cardio formats mixed with strength exercises.

Core & Strength: 1 hour class focusing on the core and large muscle groups. Weights may be used.

Core Moves: This is a 30 minute class of core work. Abdominals, lower back, gluteals and hips are all targeted in this workout.

Cycle: A 60 minute moderate to intense workout that is performed on the bike. Members can control their intensity in this class allowing them to advance at their own pace. This is perfect for someone looking for a non-impact workout that will make you sweat!

Cycle Express: This class is the same as cycle only 45 minutes in length. Sometimes 45 minutes is just enough; especially if you are new to cycle and want to work your way up to 60 minutes.

Family Cardio Circuit: Fun 45 minute class that has exercises geared for 5 years old and up. Drills will be modified for more intensity for mom and dad! Bring the whole family for a great workout!

Functional Fitness: A new non-choreographed class that is great for ALL LEVELS of fitness. It helps you focus on movements and exercises that will help you perform better in everyday life. Functional training involves cardio conditioning as well as coordination, balance, strength and flexibility movements. The exercises can include simple movements and variations of walking, skipping, skating, squatting and lifting, and some stepping on a bench/platform, as well as balance and other strength conditioning exercises.

Gentle Yoga: The focus is on relaxation, deep stretching, and breathing. Poses are meant to relax and calm the body.

Half Time: This class is 30 minutes of cardiovascular exercise followed by 30 minutes of strength work. The aerobic portion may be step aerobics, or kickboxing, or hi-lo depending on instructor's choice.

Hip Hop Hustle: This class is a 60 minute low impact dance class that uses hip hop style movement to get your groove on. This class is easy to follow along which makes it fun and is suitable for all levels of fitness.

Kickbox/TurboKick: A high intensity workout that includes kicking and punching. Works your entire body for the ultimate fat burn!

Toning: This non-aerobic 60 minute full body workout uses resistance to strengthen all your major muscle groups. Dumbbells, bars, bands and other equipment is used.

Pilates 1: Abdominal workouts which will increase flexibility, improve posture, and tone the body. Level one is a beginner level with modifications to challenge those who need a more strenuous workout.

Pilates 2: Abdominal workouts which will increase flexibility, improve posture, and tone the body. Level 2 is taught on a more advanced level with fewer modifications.

Step N' Strength: 30 minutes of step, followed by 30 minutes of strength work.

Strength Fusion: This class is designed to lengthen, strengthen, and improve overall muscular balance. Focus is on core strength and stability incorporating exercises from Pilates, Yoga and traditional strength moves. Light weights and body weight are mainly used in class.

Ultimate Conditioning: This class is designed to give you a complete muscular and cardiovascular workout. Running, jumping, jump ropes, dumbbells, body bars, BOSU, medicine balls, your own body weight for resistance, it's all packed in this 60 minute high intensity workout. No choreography will be used in this class. You will leave feeling that every part of your body has been utilized.

Yoga: A series of postures and breathing exercises practiced to attain physical and mental control. Class will help with flexibility, strength, and muscle tone all while balancing the mind & body.

Zumba: Cardiovascular workout where hips swing, feet pivot, and participants shout & spin to the pulse of a Latin beat. Simple steps make even new participants feel successful.