

Group Fitness Class Descriptions:

15 X 4 – Class broken down into four different 15 minute cardio/toning formats.

AOA – Class in the water designed for the beginner, active older adult or those with physical limitation

Advanced Aqua – Class in the water geared towards those of a more advanced fitness level

Aqua Basics – Class in the water geared towards those of a beginner fitness level

Aqua Pump – High-intensity, low-impact, cardio/strength class in the water for all levels

Athletic Challenge – Intense conditioning class involving speed, agility, & plyometrics

BOSU/Box – Combo class alternating Kick-boxing format & BOSU drills

Beginner Cycle – Cycle class geared towards the novice cyclist or beginning fitness level

Beginning Yoga – Class designed to teach the basic fundamentals of Yoga

Brick – Combo class of running & cycling. Beginners can walk the run portion

Cardio/Toning – Class consists of a variety of cardio sequences mixed with strength exercises

Cardio/Toning Basics – Same format as Cardio/Toning geared toward the beginning fitness level

Cardio Challenge – Fast paced aerobic workout that may include high impact moves

Cardio Circuit – designed to move you through a variety of cardio/tone exercise stations

Cardio Kickbox – Kick-box format class of high intensity & energy

Core & Strength – Combo class of core moves & muscle strengthening exercises

Core Moves – Exercises designed to strengthen the lower and mid back, hips, & glutes

Cycle – Moderate to intense workout on the indoor cycle.

Cycle & Core – Combo class of Cycle and core moves

Cycle & Stretch – Combo class of Cycle with 15 minutes of stretch at the end

Cycle Express – Cycle class format in shorter 45 minute time frame

Deep Water Basics – Class in the deep end of the pool teaching fundamental exercises with no joint stress

Endurance Swim – Designed to help the experienced swimmer improve performance or train for a triathlon

Family Cardio – Circuit class for kids with adults. Drills modified to challenge everyone

Functional Fitness – Strength & cardio class to help you perform better in everyday life

Gentle Pilates – Pilates class format but less aggressive. Great choice for beginners

Gentle Yoga – Class of Yoga poses meant to relax, stretch, and calm the body

H2O Int/Circuit – Alternating 3 minutes of cardio & 1-2 minute strength drills in the water

H2O Intervals – Advanced class of high intensity in the shallow and deep water

Half Time – Class combining a great variety of half cardio & half toning

Hip Hop Hustle – Low impact dance class with easy to follow hip hop movements

Hooping! – Class for all levels teaching modern dance style tricks with a Hula-Hoop

Interval Training – Total body workout with bouts of high then low intensity drills

Kick-box – High intensity class with punching, kicking, & fat burning sequences

Kid's Fitness – Cardio class to encourage the importance of exercise. Ages 5-9

Kid's Yoga – Class of Yoga poses designed to relax, stretch, & have fun. Ages 5-9

Muscle Endurance – Toning class that builds muscle with lower weights & higher repetitions

Pilates 1 – Basic level class of core work on the mat to improve flexibility, posture, & tone

Pilates 1-2 & 2 – Core work on the mat to improve flexibility, posture, & tone. Multi level

Ripped Up/Rock Bottom – Toning class divided into upper body/lower body segments

Step – Cardio class with choreographed combos on the step bench with or without risers.

Step & Strength – Format of half choreographed Step & half Toning

Step Basics – Introduction to some of the basic Step movements. Great for beginners & AOA

Strength Fusion – Blend of Pilates, Yoga, and Toning all in one great class!

Toning – Non-aerobic full body workout using resistance to train all major muscle groups

Toning Basics – Toning class format geared towards those of a beginner fitness level

Trekking – Group treadmill workout of the Wellness Floor. Self-paced, can walk or run

Triple Time – High intensity cardio class of cycling, running, & strength training

Turbo Kick – High intensity cardio class of choreographed kick-box sequences

Ultimate Conditioning – High intensity muscle/cardio training using a variety of equipment

Yoga – Series of poses and breathing exercises practiced to balance the mind & body

Zumba – Cardio dance workout with movements inspired by the pulse of a Latin beat. Family friendly