

Class Descriptions

- **Adult Agility Training:** This 1 hour training is held upstairs on the wellness floor on Wednesdays at 9:30am and in Studio A on Mondays at 6:30pm. This sports training class, working on fast foot work, cardio and strength.
- **Bosu Express:** This 25 min. class is strictly cardio on the BOSU.
- **Cardio Express:** 25 minutes of ALL CARDIO!
- **Cardio Funk:** Come try this fun 55 min. cardio class. You'll have so much fun dancing, it won't even feel like a work out, but it will be!
- **Cardio Rotation:** This is 55 minutes of straight cardio, each week it will be a different cardio format, be sure to check the calendar and enjoy!
- **Circuit Training/Bootcamp:** This interval training class incorporates cardio and weights with various stations. It's a great class for all levels of ability.
- **Core:** 25 min. of hard core abdominal work!
- **Cycle:** You'll be sure to pedal away those calories with this 1 hour non-impact cardio class, perfect for the beginner and the outdoor rider!
- **Cycle Boot-Camp:** Try this interval training class that incorporates strength work and cycle together for an incredible workout!
- **Dance Party:** This 55 min. dance based fitness class rotates the types of dance each week to give you a fun packed cardio class.
- **Family Fitness:** A great way to workout together as a family. The class will be a different format each week, check the calendar.
- **F.I.T.:** Functional Integrated Training is a 55 min. strength class will train every muscle group in one hour by integrating multiple body parts at the same time. The functionality of this type of workout mirrors how we use our bodies in everyday life.
- **Gentle Yoga:** New to Yoga? Try out this slower paced 1 hour yoga class that is easier on the body. For people of all ages, and fitness levels. Class is held in Multi-purpose room just past the coffee machine on Tuesdays.
- **Healthy Hearts:** For new members, members who have just completed cardiac rehab or someone looking for a structured workout on the wellness floor.
- **HIIT:** This is a 25 min. high intensity interval training cycle class. This class is INTENSE metabolic cardio class.
- **Kickboxing:** Try this fun, intense 55min. workout, loaded with kicks, punches and other sports drills to give you a great cardio workout!
- **Latin Fusion (Formerly known as Zumba):** Want to "Dance like the Stars" and get a good workout at the same time? This is your 55 min. class! No partner necessary. Ditch the workout and join the party!
- **Legs and Abs:** This 25 min. class zones in on toning the legs and abs.
- **Low Impact Conditioning:** 30 min. of low impact cardio, 20 min. of weight training followed by 10 min. of stretching
- **Low Impact Power Hour:** This 1 hour class 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!
- **Mat-Pilates:** A non-impact 1 hour 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.
- **Muscle Conditioning:** A 55 min. strength training class designed for all levels, which improves the overall muscle condition and endurance. Pump it up!
- **Power Hour:** "You've got the Power," This 55min. athletic based class is designed to use your own strength in multi level training. It works the heart and the body so you have the POWER in 1 HOUR!
- **Step:** You'll be stepping in style with choreographed combinations to fabulous music in one of the most popular forms of fitness classes. This class is 55minutes.
- **Upper Body and Abs:** This 25 min. class zones in on toning the upper body and abs.
- **Yo-Cycle:** This 1 hour and 15 min. class is a marriage of the cardio benefits of cycle (45 min.) and the stretching benefits of yoga (30 min.), leaving you feeling rejuvenated for the rest of the day!
- **Yoga:** This multi-leveled non-impact 1 hour 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.
- **Yogilates:** A non-impact 55 min. class that blends yoga and pilates.