

Class Descriptions

Barre -A fusion of the best of Ballet, Pilates, and Yoga to help you lean, strengthen, and tone your entire body. This format will use various equipment including the chairs, barre, balls, bands, and hand weights.

Bootcamp- No guts, no glory in this total body workout! This class incorporates both strength and cardio drills designed to enhance speed, agility, power, strength and quickness. Each class is something new.

Cardio & Core– Experience various aerobic drills and core strengthening exercises with this easy to follow format. This class will keep your heart pumping while helping to increase core strength.

Cardio Tone - This class involves strength training and cardio intervals mixed with core work It is great for someone who wants a full body workout. By working in short intense bursts it allows your body to get over plateaus and train for the everyday lifestyle that we have.

Cycle- High Energy Instructors will combine motivating music and coaching to create an amazing cardio workout. Participants can burn an average of 400-600 calories during one class! Towel and water required!

Hi Lo Power- This is the class we have been waiting for! Our instructors will combine low impact cardio moves with higher impact strength moves to create a comprehensive workout. No matter which instructor teaches, each song has the same choreography with their flare! Great for all levels!

Kids Classes– Be it Zumba, Yoga or Skills and drills these classes are for ages 5-15. Our instructors are trained and ready to help the youth in our community learn about the importance of fitness, while having fun.- Parents are welcome to participate or wait outside the room. Zumba- dance and fun; Yoga- Balance and Strength; Skills and Drills- running games and fitness skills ie push-ups, burpees, squats, lunges etc all while having fun and playing games.

Pilates– Using the body's own resistance, a series of movements are designed and performed to increase circulation, breathing, posture, and body awareness. Mat classes will incorporate small equipment such as bands, balls, and small weights.

Power Tone– Feeling a little weak or having trouble lifting things? Using a combination of free weights, Versa bars, kettlebells and your own body weight among other things, this class is designed to get your muscles toned and make you strong again. Instructors keep it fresh and fun by occasionally adding cardio intervals among other challenges.

Strength & Conditioning- Don't let the name scare you this class is for everyone! We start with a warm-up followed by a series of strength exercises consisting of high weight low reps and sets mixed with HIT intervals and ab work. Followed by more High intensity cardio before hitting steady state. If you are ready for a challenge this is it!

Step/ Multi-Step– Using a raised platform or two and fun choreography, this class will get you into shape and make you feel great. Adjust your bench height to a fitness level that is right for you.

Step & Tone When you are in a time crunch and need to get both strength and cardio in this class is for you! This class is a combination of Power tone and step, truly the best of both worlds!

TurboKick®– Looking to give your old fitness routine a kick? Martial arts-style movements are woven into a cardio workout that is fun and challenging. Kick boxing is a great way to burn fat and increase cardiac endurance.

Teen Cycle Class- This is an energetic fun class designed to get your heart pumping as you ride to your favorite music. Must be at least 4'10" and fit properly on the bike to attend.

Yoga– Six thousand years of Yoga enthusiasts can't be wrong. Indulge in a workout for the mind and the body. Build strength, gain flexibility and achieve better balance in an atmosphere that calms the body and soothes the soul. This class is designed for all levels whether you are new or been practicing for a long time!

Gentle Yoga- a calming, stress-relieving class designed to stretch and strengthen the body gradually. Focus is on building awareness of the breath and the body. Recommended for all levels looking to soothe, relax and restore.

Zumba® – Ditch the workout and join the party! Combining Latin and international rhythms along with easy to follow dance steps Zumba creates a dynamic, exciting and effective fitness training system. No dance experience necessary. Cross train sneakers or dance shoes highly recommended.

SilverSneakers® Classic-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit– Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® Yoga- This will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Strong by Zumba® This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more!