

Cardiovascular & Strength Training

Body Blast – This is the Energizing barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts & curls. Great music & your choice of weight inspire you to get the results you came for - & fast!

Total Body Fitness – Make your body your machine! Perform hundreds of exercises that build power, strength, flexibility, balance, mobility, & prevent injuries.

BootCamp – Intervals of cardio & Strength conditioning drills to firm you up while slimming you down. This high energy workout incorporates athletic movements such as plyo-metrics, performance drills, & easy to follow boxing drills. BootCamp is easily modified to suit all fitness levels.

Cycle – This all levels class is geared to both novice & veteran riders. You will experience athletic, adrenaline pumping, cycling drills all done to music within a group setting. If new to this class, come a little early to receive a personalized bike fit. Don't forget your water bottles...hydration is essential while riding.

Group Strength – A weight training class designed to achieve overall body strength and toning. Challenge yourself with a series of resistance exercises that targets major muscle groups and builds strength.

20/20/20 – An Integrated approach to total body fitness for all levels. The hard core fitness member will be challenged, while the beginner will be given options and room to grow. 20 minutes of fast paced power drills some of which utilize the step platform. 20 minutes of strength drills with an emphasis on Ab/Core development, followed by 20 minutes of Yoga-style Core and Stretch. Bring your yoga mat or the ones we provide, and prepare to have fun!

Forever Fit – A low impact cardiovascular & strength workout that is designed for the older adult, pre/post-natal, de-conditioned, or post injury adult.

H.A.B.I.T – Healthy Athletic Bodies In Training – Improve your overall fitness w/ an upbeat, up-tempo, free weight infused cardio/plyo-metric program, set to energetic music. Burn calories while building that toned athletic body that you're willing to sweat for!

Aqua Classes

Aqua Moves – This is a non-impact class which focuses on functional movement in shallow water. Movement will focus on ROM, balance & coordination, & flexibility. This workout is suitable for all fitness levels.

Cardio Splash – Water group fitness class tailored to the needs of individuals at risk for heart disease.

Mind/Body Classes

Chair Yoga - With a chair for support, this class challenges the body and mind through strengthening, stretching, and breathing. Members' flexibility, muscle tone, and spinal awareness will improve, adding to the quality of everyday movements as well as to members' other fitness pursuits. This class is for those who have issues getting up and down from the floor and prefer a chair for their main seat, and is appropriate for all fitness levels.

Yoga – Exercises are at a varying degree of difficulty with strength, flexibility, & overall well-being. You will leave feeling re-energized!

-Classes are designed for all levels-