

Class Descriptions

Aquatic Classes

- **Cardio Splash**-This fitness class is tailored to the needs of individuals at risk for heart disease.
- **H²O Sport**- A circuit training class in the pool. This is the perfect way to cross train, get in shape, and have a ton of fun doing it! Intense movements & drills promote cardiovascular fitness, balance, coordination, strength and more.

Cardiovascular Fitness

- **Indoor Cycling**-We want you to set the PACE! This class is geared to both novice and veteran riders. You will experience athletic, adrenaline pumping, cycling drills all done to music within a group setting.
- **Zumba**-This cardio workout is guaranteed to get your hips moving and keep you entertained! It's full of dance moves, upbeat music and always offers challenges.

Mind/Body Classes

- **Yoga** - Improve your posture, flexibility and tone—up your entire body. Our instructor will lead you through a series of poses to help center your mind and body while leaving you feeling energized yet relaxed. All fitness levels welcome.

Strength Training

- **Body Blast**- This energizing barbell class strengthens your entire body. This workout challenges all your major muscle groups using a variety of exercises to get amazing results!
- **Forever Fit**- An exercise class with seniors in mind, but incorporates a wide range of fitness levels. Class covers cardio, strength, balance, agility and dexterity exercises. Everyone is welcome!
- **Strength**-Total body strength training workout using TRX, dumbbells, resistance bands and barbells. Self-paced, but a challenge for any stage of fitness.