

Fitness Class Descriptions

Raise the Bar

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 and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Boot Camp

This class will mix calisthenics and body weight exercises with interval and strength training. Get ready to be pushed to a limit you normally wouldn't go to on your own!

Cardio Fit

Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

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 silver sneakers balls are offered for resistance. A chair is available if needed for seated or standing movement.

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 ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® Yoga

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

TRX- Group Suspension Training Course:

In the simplest form, Suspension Training refers to TRX's proprietary collection of unique bodyweight exercise movements, coaching cues and program principles. These training movements are distinguished from traditional exercises in that either the user's hands or feet are generally supported by a single anchor point while the opposite end of the body is in contact with the ground. The TRX's single-point attachment provides the ideal mix of support and mobility to train strength, endurance, balance, coordination, flexibility, and power and core stability all at once.

Zumba Gold

A series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created with the original Zumba program and bring them to active older adults, the beginner participant, or other special populations who may need modifications for success.

Indoor Cycling

This is a high intensity class meant to raise your heart rate and burn calories. It includes a mix of traditional cycling mixed with upper body movements (optional) like pushups, static holds, tempo rides all set to upbeat music!!

Yoga

The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.

Hot Yoga

Can refer to any yoga class done in a heated room. The room is usually maintained at a temperature of 95-105 degrees Fahrenheit. Most often, hot yoga tends to be a flowing vinyasa style of practice in which the teacher instructs a series of linked poses. As you can imagine, a vigorous yoga session at high temperature promotes profuse sweating and makes the body very warm.

Step and Sculpt

30-40 minutes of cardio followed by strength work!!!

PIYO

This class gives you a hardcore definition, intense caloric burn, and all over strength—without weights without jumps, and without destroying your body.

Turbo Kick

With cardio kickboxing and body sculpting dance moves choreographed to the hottest music mixes. You'll get lean and tone while having a blast. It is high intensity, fast paced and totally addicting!!!



This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Add some Latin flavor and international zest into the mix and you've got a Zumba class! This class is great for beginners and advanced participants alike. A great workout and a fun time is guaranteed.

www.zumba.com

P90X

P90X® is a total-body program that incorporates strength training, cardio, core work and flexibility. It uses the science of "muscle confusion" to challenge your body with new moves and routines. P90X® also uses some plyometric training that helps people beat their plateau by training their bodies with different workouts. P90X® originated as a home workout program and has been successful for people since 2004.