

GROUP EXERCISE CLASS DESCRIPTIONS

Zumba

This class will fuse hypnotic Latin rhythms with easy to follow moves meshed with endurance training in this dynamic workout that will blow you away! Achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing muscle-pumping, body-energizing, awe-inspiring movements.

ABSolute CoRe (20 Minute Classes)

20 minute abs is an intense core focused workout. Targets the abs, back, hips and buttocks.

Yoga

Harmonize the mind, body and spirit. Find a physical and mental balance that will achieve optimum health and well-being.

R&B Line Dance

Fun and exiting way to dance your way into health while listening to hip moving, finger snapping R&B Music!

Y-Cycling

This all-terrain ride includes flats, hills, jumps, and sprints for a great cardio workout. You control the ride. Ride the course or create your own in this 60 minute class.

SHRED

BODYSHRED™ is a high intensity and endurance based endurance based 30 minute workout Utilizing 3-2-1 interval approach: 3 minutes of strength.

R.I.P.P.E.D.

Incorporates Resistance, Interval training, Power, Plyometrics Endurance (MMA style training) in one highly effective total body workout

P90x LIVE

P90X LIVE is a total-body workout that will keep your body guessing—and transforming with a variety of strength-training moves, cardio conditioning, and core.

INSANITY® LIVE

Is extreme cardio conditioning for every fitness level. Together, you'll build strength, improve cardiovascular endurance, and develop precision and speed —without lifting weights.

POUND. Pro

Rockout. Workout. is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Active Older Adults

Beginner Low Impact

Easy does it class to improve strength and balance.

Beginner Strength Training

Beginner strength training class that incorporates exercises that can be completed from a sitting or standing position. Use of light weights and toning tubes are used to help fight the effects of osteoporosis, strengthen muscles and joints and improves balance.

All ages welcome. Great for Beginners but all levels welcome.

Step & Strenght

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