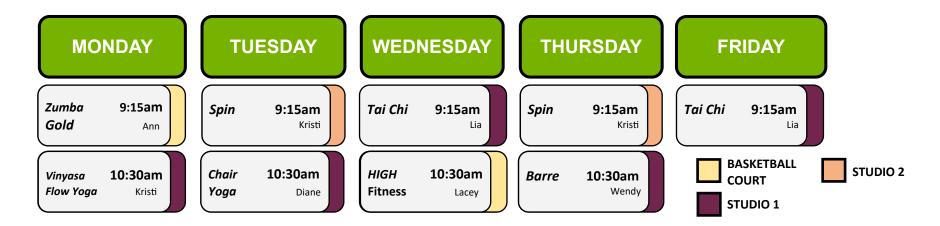
GROUP EX CLASSES



CLASS DESCRIPTIONS

HIGH Fitness

HIGH fitness has brought aerobics back in a hip and unique way, and the world is taking notice. Old School Aerobics meets HIIT training, all mashed up into a one-hour, total body workout.

Spin

Join us on the pool patio for a classic, high-intensity cycling workout. This class is a fun, challenging, and energizing way to get your cardio!

Tai Chi

A slow-paced, low impact, gentle movement are based on 24-movement Short Form. Increase balance and enhance well-being.

Barre

Barre Fuses techniques from Dance, Pilates, and Yoga to tone, define and chisel the body. A perfect combination of strength and flexibility with a cardiovascular element utilizing the barre.

Vinyasa Flow Yoga

This class focuses on the flow of one position to the next, often matched to controlled breathing.

Chair Yoga

Yoga that eliminates the challenge of getting down onto the floor with standing, sitting, and mat poses performed on a chair.

Zumba Gold

The same great Zumba formula at a lower intensity. Each class has a longer warm up and cool down to allow participants a program that improves balance, flexibility, and cardiovascular strength.

