

CLASS DESCRIPTIONS

HIGH Fitness

This class 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.

Cycle

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

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.

Zumba

Filled with Latin and World rhythms, Zumba delivers a total workout – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No experience necessary, every body is welcome! Let's party!

Yogalates

Yogalates is a focused class that combines Yoga asanas and Pilates core movement for a body, mind and soul workout.

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.

CardioYo

A blend of nonimpact floor cardio movements, followed by basic standing yoga poses with or without very light weights. No yoga experience necessary.

Fitness Equipment Orientation

Learn more about how to use the fitness equipment in the weight room - both strength and cardio machines - join us for a 30-minute orientation.

Step & Sculpt

With the goal of increasing cardiovascular fitness and strength, we will combine step aerobics and strength training in one fun-filled hour of fitness.

Body Sculpt

This class is designed to help build strength and endurance. It includes resistance training, body weight exercises and finishes with core training and stretching for a complete workout.

HIIT

Get ready to sweat! HIIT is a high intensity class influenced by boxing conditioning exercises that will help you develop power, muscular endurance, and cardiovascular endurance. *Feel free to bring your own boxing gloves if you have them.

Pilates

A full body workout that helps create long, lean muscles. Pilates is performed on a mat on the floor, using gravity and your body's own resistance to work the muscles.

TRXtra

This class is a circuit training class that incorporates the TRX, strength stations and spinning. Participants will work at their own pace as they make their way through the stations.

Vinyasa Flow Yoga

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

Vinyasa/Yin Yoga

This type of yoga class is a combination of vinyasa flow while also holding a pose for a longer amount of time to get a deeper stretch.

Chair Yoga

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

Tai Chi

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

Flow & Sculpt

An upbeat flow inspired by barre, pilates and HIIT cardio bursts to a fun beat. Ends with mindful relaxation and breathwork.

Sit & Be Fit

You can utilize a chair, or choose to stand for this class! This class focuses on resistance training in a safe and effective way to give you a full body workout.

L.I.F.T. & Balance (Low Impact Functional Toning)

Workouts focused on proper body mechanics, balance, and alignment to help improve quality of life and decrease risk of injury.

AQUATICS

Aqua Strength & Flex

This class is geared to improve balance and mobility by working out in warmer water. Class taught in the Leisure Pool.

AquaFit

An active workout designed to improve aerobic fitness, strength, and flexibility.

AquaYoga

An active workout designed to improve balance, strength, and flexibility.

Aqua Fusion

This is a fun, all over cardio, toning and strength class utilizing a variety of different equipment.