



Fitness Class Descriptions

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BODY BLAST

Great toning class for all fitness levels. Increase your muscle strength and endurance. Reshape that body using weights, tubes, medicine ball and your own body resistance.

BODY FUSION

Hi-energy, circuit style, sports conditioning workout. Don't worry beginners can do it too! Modifications are given. Get ready, you are going to SWEAT!

BOOT CAMP

This class combines running, interval training, exercises with hand held weights and / or body weight. You will be encouraged to push past the wall and keep moving forward! Class level is suitable for all levels of fitness.

CARDIO 360

Mix things up! Come join the cardio class that incorporates different equipment into the workout. This class is for all levels, and the instructor will teach you how to do it the right way.

CARDIO MIX

Mixing it up is what it's all about. We'll do a little of everything from interval, step, kickboxing, boot camp and weight training. This class is designed to increase your muscular strength and endurance. All fitness levels are welcome; lots of options are given. Come start your weekend off right!

CARDIO SCULPT

A blend of high/low cardio and interval training using the Bosu, bar, weights, and various types of equipment to sculpt the body in different ways. This class has modifications for beginning and advanced participants. All abilities are welcome!

CORE CONDITIONING

A class that focuses on strengthening your core muscles: abdominals, hips and lower back. A great class for all fitness levels.

CORELATES

A body sculpting and Pilates class that targets the core: abdominals, hips and lower back. Perfect for all abilities!

FUNCTIONAL TRAINING

A body sculpting class that combines traditional toning exercises with movements that more closely mimic your daily activities. Get stronger in what you do every day!

INTERMEDIATE YOGA

A workout focusing on moving into more challenging poses such as arm balances, headstands, handstands and backbends.

INTERVAL

A class that uses easy to learn, fun moves to really get your heart pumping. Using cardio and muscle intervals to maximize your workout and help get you to that next fitness level. Tone and burn fat while having fun. Modifications are given from beginner to advanced levels.

JUST STEP!

The class consists of a warm up and then 35 minutes of easy-to-follow step combinations. 10 minutes of core work to finish it off. This class can be enjoyed by the beginner and the advanced through modifications of the moves.

LOW IMPACT

Intense but low impact workout that combines cardio and resistance training. Ideal for any level of fitness.

MUSCLE TARGET

Increase your muscular strength and endurance. All levels are welcome. Grab your weights, ball, bands and body bar and let's get to work!

POWER TONE

A great cardio strength class for people looking to increase strength, endurance, and muscle tone. This class will transform your body using a low impact cardio barbell weight set.

SATURDAY SIZZLE

Come and be surprised! Step, low impact aerobics, kickboxing, toning. What could it be? A great weekend workout. All levels are welcome.

SCULATES

A body sculpting and Pilates class that works large muscles for the first 30 minutes and challenges the smaller muscles and core strength with Pilates for the last 30 minutes.

YOGA

Learning about your body through breath and movement – incorporating flexibility, strength and balance.

ZUMBA

Unlock those hips and dance through your workout! Columbian for "move fast and have fun", Zumba is an aerobic workout that incorporates Latin dance moves – without the partner! Simple enough for everyone, even the "rhythmically" challenged.

ZUMBA GOLD

A low-intensity workout for the active older adult, beginners, and those with physical limitations. Designed to improve balance, strength, flexibility, and the heart, you will incorporate dance steps from many types of Latin music.

****For your health and safety, please remember to bring water to aerobics classes.****