

AS ALWAYS, WORK AT YOUR OWN PACE AND ABILITIES IN ANY CLASS, USING OPTIONS WHENEVER APPROPRIATE.

AQUA ABS & STRENGTH: Didn't think you could work your abs or build strength in the pool? Think again, this class includes core and strength training in the pool using a variety of techniques and equipment.
AQUA FITNESS: A dynamic water class using different intensities to improve muscular strength, power, & endurance. This class can be challenging and could utilize aqua dumbbells, balls & noodles ending with stretching exercises.
AQUA KICKBOX: Kickboxing combines with water to create a great workout.
AQUA ZUMBA: The best time you ever had in a water class. Dance+Fun+Water=Aqua Zumba.
BEACHBODY: This class provides functional resistance training with cardio moves designed to build strength, improve flexibility and blast calories.
CARDIO/ STRENGTH: A combination of cardiovascular training and muscular strength & endurance. Good for all levels of exercisers
CIRCUITS W/SANTA: Full body workout alternating between circuits or stations. Work as hard as you want to. All levels welcome.
CLOGGING: Perk up your spirit and pick up your feet. Learn the basics of clogging which is similar to tap dancing and appropriate for all levels.
CYCLE BASICS: This cycle class is designed for the beginner cyclist. It is low impact but high energy and designed to build your cycling skills, boost your endurance and improve overall fitness. The instructor will focus on proper bike set up, cycling form and breathing techniques. You will enjoy moderate intensity intervals with plenty of options to adjust your resistance and pace to match your fitness level.
Dance2Fit: A fun, energetic, dance based workout to the most popular hits on the radio.
DANCE HAPPENS: Dance your way to fitness. This class uses multiple instructors on a rotation teaching a variety of dance styles from Zumba, Latin Heat, Dance2Fit and Drums Alive! You will get to explore different rhythms, movements and music!
DRUMS ALIVE! This unique class joins the dynamic movements of aerobic dance with the rhythms of drumming utilizing drum sticks and stability balls. It combines the benefits of a traditional fitness class with the brain affected benefits of music and rhythm. All fitness levels welcome.
FIRST FRIDAY LINE DANCE: Line dancing is all about following choreographed steps to music, usually in a repeated sequence and perfect for dancers of all levels. You learn different styles of line dances from classic country to contemporary and hip hop. Come ready to learn new moves, build coordination and get a workout while having a blast. This class is very low pressure, low impact, easy to follow and high on fun!
FIT HAPPENS: This class uses multiple instructors on a rotation teaching a variety of formats including Greatest HIITS, R.I.P.P.E.D., and Pump.
FLEXIBLE FUSION: This class integrates strength, stretch, Yoga and Pilates moves all into one while working to increase your strength and flexibility. Also called Flexible Strength
GREATEST HIITS: High Intensity Interval Training is cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. This type of training has been used by athletes to improve performance, but it's also been shown to benefit the average exerciser. HIIT training not only helps performance, it also improves the ability of the muscles to burn fat. (NOTE: a good level of fitness already, is recommended before performing such challenging routines)
GROUP CYCLE: Whether you are fit or just getting started in an exercise program, cycling is an efficient, challenging, yet enjoyable way to achieve and enhanced level of fitness. This class is low impact; therefore, a safe alternative to other exercise routines.
HARD BODIES: Full body muscle conditioning for those who want to achieve a strong, tight body. Work hard & enjoy every minute!
LATIN HEAT: Get ready to move and groove to this dance based workout. Latin inspired rhythms with easy to follow moves create a class that is all about fun while getting fit. You will be shaking, spinning and sweating to upbeat music. A perfect way to burn calories and boost your mood.
KICKBOXING: A full body workout that combines strength, cardio and martial arts inspired movements designed to build endurance, improve your coordination and relieve stress. You will learn basic punches, kicks and defensive moves, all while working through a series of dynamic drills and combinations. No experience necessary and perfect for all fitness levels.
PILATES: Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity.
POP PILATES: Pilates based choreographed moves to music makes this class a dance on the mat. Highly focused movements that leave your body toned and transformed.
PUMP: Barbell workout that incorporates functional strength training using weights and body weight. Add on great music to create a thrilling group fitness atmosphere.
RESTORATIVE YOGA: Gentle stretching is used, allowing you to open your body through passive stretching usually from supine or seated yoga poses. This is a great way to end the work week and ends with a well deserved savasana.
R.I.P.P.E.D.: Resistance, Interval,Power,Plyometrics, Endurance, Diet. Get everything you need in one music driven boot camp type class.
SILVER SNEAKERS BOOM MUSCLE: This class incorporates athletic exercises that boost overall fitness. Move through muscle conditioning blocks and activity specific drills to improve strength and functional skill.
SILVER SNEAKERS@ CARDIOFIT: Low impact aerobic & toning class based on safe progression & needs of cardiac rehab & active aging participants. Heart rates are self checked about 3 times during the class.
SILVER SNEAKERS@ CIRCUIT: Upper body strength work with hand held weights, elastic tubing with handles, & a ball is alternated with non-impact lower body aerobic choreography.
SILVER SNEAKERS@ CLASSIC: The class emphasizes movement, toning, strength, and flexibility. Most exercises are done sitting in a chair and include breathing, stretching, balance, posture, and resistance exercises.
SILVER SNEAKERS@ STABILITY: Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints. This class is designed specifically to help prevent falls and help you remain safe on your feet.
SILVER SNEAKERS@ YOGA: Move your whole body through a complete series of seated and standing yoga poses.
SIT & GET FIT! This chair based class is designed to build your strength and improve your cardiovascular system all while sitting down. Don't let the chair fool you. You will feel challenged and stronger. Perfect for those with joint or mobility issues.
STEP: A high energy class using an adjustable platform to perform combinations using arm & leg movements while stepping up & down. This class is jam-packed with choreography, athletic movements & upbeat music. Also called Step Fitness & Step Plus
WERK-IT CIRCUIT: Full body workout alternating between circuits or stations. Work as hard as you want to. All levels welcome.
TAI CHI: Kathy Malone will introduce you to the basics of TAI CHI, a soft martial arts class that is slow and mindful. Bring strength, flexibility and balance to your life with TAI CHI.
YOGA (SEE ALSO YOGA 4 DUDES): Focuses on improving the mind-body connection, strength, flexibility and balance. Sequences of body postures (asanas) & breathing exercises (pranayama) create a challenging & stress relieving routine that improves the overall body conditioning & mental focus.
ZUMBA: A spicy combinations of Latin dance and fun music that will make you want to move! No coordination required. Come join the party!