

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 in the pool? Think again! Instructor will deliver core 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.

Cardio Strength/Sculpt: A combination of cardiovascular training, muscular strength & endurance. Each instructor brings his/her own style/format. Try them all! All fitness levels welcomed!

Circuit Mashup: Circuit/interval-style class, utilizing multiple equipment/bodyweight movements to build strength, increase heart rate, tone muscles & burn calories (for a full body interval blast). All fitness levels welcome.

Core & More: Workout focuses on everything from the shoulders to the knees, creating a stable core. You'll work on strength, conditioning, toning, balance, and even cardio. A variety of formats/equipment are utilized. All fitness levels welcomed!

DANCE Happens: Class offers a rotation between multiple dance/movement based formats. Schedule is posted on the Group Fitness bulletin board & Facebook.

Fire Cycle: A 30-minute cycle class designed to be a quick, fiery, & intense workout! A shortened warm-up and warm-down portion allows riders to maximize their time on the bike!

Fit Camp: Strength, cardio, endurance, toning & balance, & resistance training utilizing various weighted & non-weighted equipment. Some track work/drills may be included. All fitness levels are

FIT Happens: Thursday & Saturday classes offer a rotation between Circuit Mashup, Pump, P90X, R.I.P.P.E.D. & Cardio Strength. Schedules are posted on the Group Fitness bulletin board and Facebook.

Group Cycle: No matter your current fitness level, cycling is an efficient, challenging, yet enjoyable way to achieve an enhanced level of fitness. This class is low impact; therefore, a safe alternative to other exercise routines.

HEAT: High Energy Active Training is a cross between a group fitness class & personal training. Groups of 8 or less per class receive hands-on personal service from an experienced, certified trainer in our exclusive small group training room. Additional fees apply.

laHEAT: A "lightened" version of the traditional H.E.A.T. class. Ladies only please. Additional fees apply.

Kettle Club: This class uses kettlebells, dumbbells, wall balls, battle ropes, etc. to give you quick results for strength, endurance, & muscle tone. You will challenge both your muscular and cardiovascular systems with dynamic movements. All fitness levels welcomed!

Kickboxing: Class combines martial arts techniques with fast-paced cardio. You will build stamina, improve coordination/flexibility, & burn calories as you build lean muscle with this fun workout!

Latin Heat: Fun, dance-based alternative to a traditional exercise program. Class will stretch, strengthen & tone your body, mind, & spirit. Dress comfortably for physical activity. All fitness levels welcomed!

P90X: Work your way through Cardio/Upper & Lower Strength/Core blocks of exercises at your own pace while listening to upbeat music with built-in cues. Go heavy, go light, go fast, go slow. All fitness levels welcomed.

Pilates: A system of controlled exercises that engage the mind & condition the total body. It takes a balanced approach so that no muscle group is overworked & the body moves as an efficient, holistic system in sport and daily activity.

Pump: Barbell workout that incorporates functional strength training using weights & 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 & 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 CardioFit: Low impact aerobic & toning class based on safe progression & needs of cardiac rehab/active aging participants. Heart rates are self checked during 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: Class emphasizes movement, toning, strength, and flexibility. Most exercises are done in a chair & include breathing, stretching, balance, posture, & resistance exercises.

Silver Sneakers Yoga: Move your whole body through a complete series of seated and standing yoga poses.

Smooth Moves: This Flexible Strength class includes gentle stretch, strengthening, flexibility & stress management. Bands, balls, Pilates rings, & classic Yoga postures may be utilized. A combination of low-lights and jazz makes this a great start to your day!

Step: High energy class using an adjustable platform to perform combinations using arm & leg movements while stepping up & down. Class is jam-packed with choreography, athletic movements & upbeat music.

Yoga: Focuses on improving the mind-body connection, strength, flexibility & 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 combination of Latin dance & fun music that will make you want to move! No coordination required. Come join the party!