

FITNESS CLASS DESCRIPTIONS

Fitness classes are open to members ages 16 & older. There are a few classes open to ages 13 and up. They are indicated on the Fitness Schedule. Most classes are free with membership and do not require registration.

LOW IMPACT

ARTHRITIS EXERCISE/CHAIR YOGA

A gentle form of strength exercise/yoga that is practiced sitting on a chair, or standing using a chair for support.

BALLET BARRE TONING/YO-LATES

Incorporating a ballet barre, these core/strength/toning classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music.

BARRE FUSION/CORE PILATES PLUS

Fusion of Pilates/Yoga/core Strength & Tone, Transform with CoreBody Pilates Plus workouts. Our studio offers Lagree Method – a Pilates inspired workout coupled with high energy cardio & strength training.

HEALTHY HEART & WELLNESS

A specialized program that meets Mon, Wed, & Fri, for those with cardiac care concerns. Blood pressures are monitored and recorded for each client and class is run under the care/direction of a certified Personal Trainer. \$100 for members, \$200 for non-members for a a three month session.

LOW IMPACT AEROBICS

Basic cardio/strength class that is not hard on the body, especially the joints. A great way to get in a heart-pumping workout while reducing the risk of injury.

MEDITATION

The ultimate relaxation to aid mental or spiritual development, contemplation or relaxation.

NIA FUSION

Mind, body & spirit aerobics that integrates music and movement. Class is done barefoot.

PILATES

A system of exercises designed to improve physical strength, flexibility, and posture & enhance mental awareness. Classes can help create a leaner, stronger look.

TAI CHI

An ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

YOGA

Spiritual and ascetic discipline, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

Chair Yoga:

A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

Easy Flow Yoga:

Midday class, gentle flow yoga to increase flexibility and stamina.

Yoga Flow with Props:

Flow yoga with equipment as props to help you achieve deep stretches and balance to improve your overall positions and posture.

Power Yoga/Yogalates:

A vigorous, fitness-based approach to vinyasa-style yoga. Yogalates is a routine that combines Pilates exercises with the postures and breathing techniques of yoga.

Rising Sun Yoga:

For early risers, gentle, slow pace to increase body awareness, flexibility and meditation.

Vinyasa Yoga:

Yoga with a series of poses that will move you through the power of inhaling and exhaling.

MIDDLE/HIGH IMPACT

CARDIO WEIGHT TRAINING/SWEAT & STRENGTH

Total body workout. This workout uses a combination of weights, steps, bands and more giving you both muscle tone and cardio endurance.

CIZE

This is dance, cardiovascular conditioning, core strengthening and overall muscle toning – all at once. The more you get into it the more you'll get out of it.

CROSS TRAINING

A combination of exercises to work various parts of the body. The aim is to reduce the risk of injury and improve overall fitness levels. Fusion Pilates for ab chiseling total body defining workout.

PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the sped to deliver a true fat-burning, middle impact workout that leaves your body looking long, lean, and incredibly defined.

POP PILATES

Fusion Pilates for a total body defining workout. Equipment-free workout that sculpts a rock solid core and a lean dancer's body.

POWERBALL/CORE & STRENGTH CONDITIONING

Calorie blasting, body sculpting class you'll have a ball – literally, as you perform a fusion of cardio strength and stability.

PURE STRENGTH/STRENGTH CORE

Your muscular strength and endurance will be tested when combined with cardiovascular movement. A total body workout that is challenging and will strengthen you from head to toe!

SPINNING

Put the pedal to the metal in this fast-paced workout taught on a stationary bike. You'll climb, sprint and train to incredible music.

TRX® SUSPENSION TRAINING

\$75 Fee for session. Group Training: Stretch, strengthen and flow with the TRX® suspension trainer. Ground yourself and move fluidly from one exercise to the next to improve your mobility, power and flexibility.

**We have 25
Spin Classes
Every Week!**

FITNESS CLASS DESCRIPTIONS

Fitness class listings continued.

MIDDLE/HIGH IMPACT (continued)

ZUMBA

Fuse hypnotic Latin rhythms and easy-to-follow moves to create a high energy, calorie blasting, total body dance based workout designed to tone your body from head to toe.

HIGH IMPACT

BODY WORKS

Combination class for a stronger, more flexible body using classic sculpting, cardio and stretching techniques.

CARDIO BOOT CAMP

Get in line with this high intensity bootcamp class that will have you saying "Yes Sir!/Yes Ma'am!" to a vigorous and powerful workout. Camo optional!

CARDIO KICK TONING/FUSION

Easy to follow, drill based kickboxing exercises set to music. This class is designed to elevate your heart rate as you challenge your muscles and mind.

CARDIO CIRCUIT TRAINING

\$50 Fee for session. Group Training: Cardio workout designed to elevate your heart rate as you challenge your muscles and mind.

INSANITY

Work out in 3 to 5 minute blocks, and take breaks only long enough to gulp some air and get right back to work! It's maximum interval training that keeps your body working at maximum capacity through your entire workout.

STEP & STRENGTH/SWEAT & SCULPT

Burn Fat and tone your body with this blend of cardio & strength training using a variety of equipment like steps, resistance bands, medicine balls, dumbbells and so much more.

TABATA/HIIT

Shift your workout into overdrive with this high intensity interval training class that combines grueling, all-out work efforts with brief recovery periods to provide total body workout with maximum results.

XTREME BOOTCAMP

Hardcore in this total body workout! Using dedicated work efforts designed to deliver high intensity cardio, challenging strength segments and a killer core workout. Hardcore 360-3X delivers a serious heart calorie burning workout designed to push your workout to the max!

**There are
120+ fitness
classes each week
included with your membership.**