

Free Group Exercise Class Description

Yoga and Pilates

Yoga: Let the Yoga mind and body connection of deep stretching exercises bring the harmony of fitness and wellness into your life. Enjoy slow and gentle rhythmic poses & balance postures.

Beginning Yoga: Same as Yoga but taught at a beginner's level.

Pilates/Pilates Express: This class is designed to give you the long lean body you desire. Mat based workout is designed to improve core control, balance and coordination.

Cycle

Group Cycle: Instructors will lead you on a ride designed to improve your fitness on a variety of levels; endurance, strength and interval training. Our Keiser bikes allow you to track your ride with a personal computer so you can adjust your workout to match your personal level. Remember to bring a water bottle and towel. Classes run 30-45 minutes.

Cy-Pi: This class starts with Group Cycle and ends with Pilates.

Cardio

Step: Burn calories and enjoy creative choreography with this fast paced workout. This is a great class to help you increase your endurance.

Zumba/Family Zumba: Zumba is a combination of Latin and International music choreographed with fun, dynamic dance and exercise moves.

Cardio and Strength

Cardio Mix: Class time will be split between and energetic, calorie burning step workout and a weight bearing toning and tightening workout for all fitness levels.

Cardio Core: A fun class that combines a full core workout with cardio intervals.

Interval Training: Various intervals on cardio equipment such as the treadmill or elliptical trainer with free weight and weight machine intervals in between.

Step & Pump: A challenging interval workout that combines step and muscle conditioning by using exercubes or weights. This class is designed to meet the needs of all fitness levels.

Strength

Butts and Guts: Excellent class for all fitness levels to strengthen abdominals, buttocks and legs.

Core and More/Core Training: A fun workout that incorporates strength training with the use of stability balls, Bosu Balance Trainers and other equipment to give your body an overall challenge. Primary focus is on core stabilizer muscles.

Have a Ball: Med balls and Stability balls are the equipment used in this 30 minute class that will work your whole body.

Lower Body Blast: A fun workout that targets the muscles in the lower half of your body.

Muscle Works/Tone and Tighten Tone your muscles in this energizing class using body bars, dumbbells and tubing to work every major muscle group.

Resist-a-Band: This class welcomes all ability levels and introduces you to basic Resist-a- Band training exercises that will tone and strengthen muscles.

Targeted Strength Training: Every week there will be a focus on a different muscle group. A variety of equipment will be used.

Weight Training: Free weights and machines are used in this class. We will focus on form and proper weight selection.

Other

Tai Chi: Tai chi emphasizes complete relaxation, and is essentially a form of [meditation](#), or what has been called "meditation in motion." Unlike the hard martial arts, tai chi is characterized by soft, slow, flowing movements that emphasize force, rather than brute strength. Though it is soft, slow, and flowing, the movements are executed precisely.

Silver Sneakers: Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

Paid Classes

Tae Kwon do: A Korean art of self defense and physical conditioning in which self-confidence and self-discipline are developed. Class is designed to accommodate youth ages 7 and up as well as adults.

