

Group Exercise Class Descriptions

Abs, Abs, Abs—This class is designed to work your core. A strong core is necessary for good posture and injury prevention.

Belly Dancing—This distinctive dance uses all the muscles in your body in a gentle and repetitive way. Come learn an exciting, graceful and fun art form.

Strength and Conditioning—This class is designed to increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe. We finish with core training and stretching for a complete workout.

Cardio Interval—This energetic class challenges you with a variety of low impact aerobics, step, kickboxing, and strength training and sculpting. Core conditioning and stretching concludes this class.

Total Body Conditioning—Strengthen both cardiovascular and muscular systems with the use of free weights, resistance tubing, body bars, and floor exercises.

Senior Strength—A lower impact version of the Total Body Conditioning class. We keep one foot on the ground at all times to reduce joint impact. We finish with core conditioning and stretching.

Yo-Body, Yo-Mind—A mild stretch and yoga class designed to calm the body and mind.

Qigong—Consists of gentle ancient movements rooted in Asian culture designed to improve range of motion, flexibility and blood flow.

Arthritis—This class offers low-impact exercises that can be done either sitting or standing to help relieve stiffness and pain and to build strength and stamina.

Relax and Revitalize—Led by a licensed Massage Therapist, this class will leave you feeling great; body and mind. Gentle stretches, massage and breathing exercises are incorporated.

ZUMBA—Latin-inspired dance fitness class that incorporates Latin and International music. The zumba class combines fast and slow rhythms that tone and sculpt the body. You will get a great workout while having a blast.

Turbo-Kick—The unique turbo kick movement patterns, combinations and technique work together to give the ultimate cardiovascular workout. Turbo kick allows participants of any fitness level to participate and custom tailor their workouts.

Intervals and Flexibility—Interval training is a type of physical training that involves bursts of high-intensity work (intervals) with periods of low intensity work. You will experience an intense aerobic workout and strength training with a variety of equipment. There will be stretching in the last 10 to 15 minutes of class.

Total Body Shaping/Sculpting—You will participate in non-stop strength building exercises that will increase muscular endurance while using a variety of equipment. There will be a variety of core movements and abdominal work involved. You will receive a total body shaping in this class.

Classic Step—This class will challenge your body and mind using combinations of step patterns set to music. Low impact movements on and around the step will create variety.

Balance/Strength—this class uses body weight exercise, bands, and dumb bells to work on a combination of balance and fall prevention and muscular strength.

Body Pump—A strength class that works the upper and lower body. Use free weights, bands, body bars, balls and medicine balls as well as body weight exercises. The moves are slow and controlled. You will participate in non-stop strength building exercises that will increase muscular endurance while using a variety of equipment.

Pilates—Practiced faithfully, Pilates will increase lung capacity, and circulation through deep breathing exercises. As well as strengthen the core and back muscles. Posture, balance, and coordination will also be enhanced through this practice. Done mostly on a mat on the floor. This class is offered in several versions, beginner, sculpt, and in combination with some traditional yoga postures.

Ultimate Core—This class focuses on the core and back muscles for an intense workout. Improve your posture, decrease risk of injury and increase balance by working this important muscle groups.

Upper/Lower Body—Similar to Total Body Conditioning, this class uses dumb bells, bands and body weight exercises to work all your muscle groups.

Yoga—Practiced for thousands of years, yoga is a mind and body activity. We offer several versions from beginning to advanced. Traditional postures, as well as breathing exercises will leave you feeling centered, flexible, and strong. Each instructor has their own “flavor”, try them all and see what you enjoy. Some mats will be available but bring your own mat if you have one.

Just Stretch—This is a gentle class that works all muscle groups in slow stretches and breathing exercises.