

Group Exercise Class Descriptions

Cardio Dance Party

Zumba inspired dance for everyday people! It is a fun high energy dance party! This class eliminates the “work” from working out by combining amazing, irresistible music with dynamic, yet simple exercise moves.

BodyPump®

A workout that challenges all major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Body Pump will shape and tone the muscles.

HIIT

What a workout! HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. You will get it all in this class.

TurboKick®

The evolution of kick boxing is here! Jammin music, ab sculpting moves, and high intensity cardio kickboxing. Take this class to punch, kick and jab your way to a leaner body and a tighter core! Turbo Kick® mixes kickboxing with FUN and simple dance moves to music that makes you want to move! Weight loss and increase endurance.

Cycle Express

30 minute cycling class during lunch.

Cycling

The Cycling exercise program is like bringing your outdoor bike indoors. No matter what your experience or ability, there is a cycling class for you. Whether you're a beginner or an advanced cyclist, you can ride at your own pace to have a workout that is right for you.

Cardio 101

Is a combination of strength training, basic low impact cardiovascular segments, balance and flexibility. Specifically designed for beginners or those returning to exercise.

Core Strength

Concentrates on breathing, form and increasing strength in the core. Matt exercises that build strength and compliment any cardio and strength training program.

Beginner Yoga

Classic yoga utilizing poses that work to release tension and stress, promote flexibility and strength, and restore health and peace of mind

Yoga

This vigorous yoga practice explores advanced poses while keeping a focus on developing stamina and flexibility. Modifications are given for those who are just beginning their yoga journey

PIYO®

A fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!

SilverSneakers® Classic

Exercise class designed for seniors or the beginning exerciser. Exercises move to music and increase strength, range of movement and activity for daily living skills.

SilverSneakers® Circuit

Standing non-impact choreography alternated with standing upper-body strength work. Cardio Circuit focuses on the benefits of a circuit format to improve cardiovascular endurance and muscular strength and endurance without increasing risk.

SilverSneakers® Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Core De Force®

It's an empowering, core-focused workout, inspired by the highest-octane sport in the world—mixed martial arts. MMA-Inspired Combinations: Broken into 3-minute rounds of punching, kicking, and jabbing, these Boxing, Kickboxing, and Muay Thai moves blast fat, strengthen the core, and define your abs.