

Group Exercise Class Descriptions

Beyond Barre®

A unique class that combines barre, strength, yoga, and Pilates elements to sculpt and shape your body. You will increase your balance, strength, flexibility, and core using small to medium weights, a chair, gliders, a ball and more.

TRX®

TRX is a Small group training class that allows people to experience the creativity, motivation, and individualization of personal training. This class utilizes a variety of equipment from TRX suspension trainers, kettle bells, medicine balls, Ski and much more! *There is a fee for this class. Drop-in rate is \$10. See front desk for monthly rate and more details. Classes are held in the TRX room.

RPM®

Burn up to 675 calories in this fun, low impact workout. RPM is a group indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

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.

Strong Nation

A revolutionary high-intensity and muscle conditioning workout led by music to help you make it to that last rep and burn lots of calories!

Zumba®

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.

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.

Total Body Strength

Join us for a total-body workout! This class contains a variety of strength-training moves, cardio conditioning, and core work that's sure to leave you sweating and feeling great.

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.

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

Cardio HIIT

HIIT is a specialized form of interval training that involves intervals of high intensity exercise separated by intervals of rest or low intensity exercise. Cardio HIIT means no weights! Utilize your body weight to improve strength and endurance!

Aqua Cardio

This is a fun, fast paced water workout that combines cardio, core, balance, and strength training. An interval style class with a proper warm up and cool down. Props are used at the instructor's discretion. Class is held in the pool.

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.