

Group Exercise Class Descriptions

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.

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.

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.

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, SkiErg and much more! This class is free to all members. FIRST COME FIRST SERVE! Max 10-12.

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.

Cardio Dance

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

Aqua Cardio

This is a fun, fast paced water work out 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.

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

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.