

Group Exercise Class Descriptions

- **Women with Weights-** A hour long circuit training class combining toning and shaping, core and strengthening exercises. You will be introduced to free weights and core training in an efficient way. This class is suitable for all ages and abilities.
- **Cardio Latin Beat-** This exciting class is an innovative freestyle fitness program that incorporates Latin dance steps as the foundation of a fun and intense cardio workout. This program will provide you with exercise that will contribute to improving your physical appearance and help strengthen your cardiovascular system. Come laugh, dance and shake your hips in a class with infectious rhythm.
- **Fitness Fusion-** A conditioning workout that is both cardiovascular and muscle toning. It is performed with light to moderate weights, body bars, and plyometrics to create this fast pace, high intensity workout. This is for moderate to advanced exercisers since it is a 1 ½ hour class.
- **Group Cycling-** Group Cycling is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, a motivating group environment and music that begs your legs to pedal, you will find yourself having a blast while you ride your way to a leaner and stronger body. New riders, please arrive early to have your bike set up. Please bring a towel and water to every class.
- **Zumba®-** Combining Latin rhythms with high energy movements, Zumba® is the latest way to get people moving! It's Jazzercise meets Salsa dancing. A new Latin inspired routine touted as the most popular workout in years. Zumba dance steps are meant to restructure and reshape your body, keeping it flexible and agile. Zumba dance music is extremely catchy and upbeat creating this wonderful and fun workout.
- **Functional Athletic Training-** Combines a time compressed cardio workout with plyometric and sports drills, that will reshape your body. This class will strengthen and stabilize your body's core spinal and abdominal areas while sharpening speed, agility and balance. Great for athletes and intermediate to advanced fitness levels.
- **Muscle Madness-** A combination of high impact drills and plyometrics. A 60- minute cardio workout that incorporates exercises that help you to add definition to your muscles. At the end of the session there is a 10 minute abdominal workout. Guaranteed to add intensity to your routine and make your sweat!
- **Legs, Glutes and Abs-** Using the step, hand weights, exercise balls, and gliding discs, you will experience the most toning workout imaginable. Standing sculpting work, floor variations, plyometrics and effective abdominal training will create a killer workout.
- **Fit 2 the MAX-** The class is a fusion of plyometric and weight exercises mixed to high and low interval training. It is designed to push you harder than you normally push yourself. The idea is to "shock" your body to the MAX in order to improve your fitness. Come prepared to sweat. Depending on weather portions of class might be outside.
- **Aqua Fit-** This class combines water aerobics with intervals of body sculpting. You will work your body without putting pressure on your joints and bones. A great non-weight bearing class for all ages and abilities.
- **Strong & Flexible Seniors-** This class increases flexibility and freedom of movement to help you do more. Incorporates a variety of exercises using weight machines and has a flexibility segment.
- **Silver Sneakers® Level 1 MSROM-** This class will use weights, elastic tubing, and a ball for resistance and a chair for seated and/or standing support. Very low impact.
- **Aikido-** A popular modern martial art emphasizing the blending with an attacker's energy in the performance of self-defense techniques.
- **Aqua Cardio Latin Beat-** (See Cardio Latin Beat Above) This class is in the pool.
- **Abs Express-** This class can help you by providing an ALL CORE training to enhance strength, stability and add definition to your abs and back. This program is designed to add intensity and variety into your ordinary abs routine.
- **Vinyasa Yoga-** The term Vinyasa refers to the alignment of movement and breath, a method which turns static poses into dynamic flow. Throughout the 6 week session, you will improve muscle tone, flexibility, and strength. It is known that yoga helps reduce stress, tension and boosts self esteem. Sign up today!