

FITNESS CLASS DESCRIPTIONS – classes subject to change!

BURNIN' BANDS

Burnin' bands will use only bands to work mainly the lower body – but may have some upper body as well. Different levels of bands are available, perfect for any fitness level!

CARDIO CIRCUIT/BEGINNING CARDIO & STRENGTH CIRCUIT

A mix between cardio and strength training to blast fat and sculpt muscle. Exercises can be modified for higher or lower intensity. All fitness levels welcome!

CYCLING/CYCLING CIRCUIT/SPIN

One of the best low impact workouts available, our indoor bikes can be perfectly adjusted to suit your fitness level. Our classes will familiarize you with the techniques of bicycling while providing a fun group experience. Cycling Circuit incorporates strength exercises mixed in with the cardio training.

EXERCISE RECOVERY PILATES

This class is designed to utilize functional movements that emphasize muscle recovery after exercise. The class will focus on full body toning, strength, and increasing flexibility.

FITNESS FUSION

Short on time? No Problem! This class hits a little bit of everything by fusing cardio and strength into a 30-minute class so you leave feeling accomplished.

KICKBOXING/CARDIO

Sweat it out in this fun class that combines boxing basics and aerobics. Lots of jabs, kicks and punches! Get strong, get toned, and get fit! All fitness levels welcome.

PILATES

An emphasis on movement quality, posture, and breathing makes Pilates a safe, challenging and revitalizing workout. This class focuses on developing core stability and overall toning. This class may also encompass stability balls, bands, and more!

QIGONG (pronounced “Chi gong”)

All fitness levels are welcome in this meditation in motion class, Gentle exercises involving movement and breathing. This class will help improve flexibility, balance, and lower body strength.

SENIOR CIRCUIT TRAINING/BEGINNING SENIOR

These aerobic classes are low impact, designed with special consideration for the senior population and include cardiovascular, flexibility, and strengthening segments that may be performed standing or in a seated position. Chair Yoga is another aerobics class available for seniors.

STRETCH & MOBILITY

Join us for this low intensity stretch and mobility class. Using mostly body weight, this class will focus on recovery after exercise and increasing flexibility, toning, and strength.

TAI CHI

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body. All fitness levels welcome!

TABATA WEIGHT TRAINING

Short on time but want to fit in that morning workout? This class focuses on lighter weight, higher intensity lifts that will target your arms, core, glutes, and more! After a quick cardio warm-up, we will utilize dumbbells, barbells, and other weights throughout the workout. The tabata timed format allows for moves at your own pace, while pushing you to your max. There are alternate moves for each lift, so this can be for all levels!

TOTAL BODY TONING/TOTAL BODY CIRCUIT

Get strong and toned with our Total Body Circuit class! Focusing on total body movements, building strength, and incorporating cardio for a well-rounded workout. This class incorporates weights, bands, and various forms of equipment, for a unique workout experience each week!

YOGA

- **Chair Yoga:** This yoga class is specifically designed for seniors, and is a great way to ease stress, increase flexibility and strength, and stimulates the mind, body and spirit while sitting comfortably in a chair.
- **Stretch & Strengthen:** This class will kick your flexibility and strength into high gear! A powerful and fun combination of core and full body strengthening poses followed by some repetitive lengthening poses to stretch those tight areas out. Get ready to feel those muscles working.