

CLASS DESCRIPTIONS

B= Beginner

I= Intermediate

A= Advanced

HBSB-Healthy Body Strong Bones: Simple weight lifting with hand weights in a group setting. This program is designed to help increase flexibility, balance and bone strength. (B)

Senior Circuit: Class is done in the weight room. Format includes use of weight machine with intervals of upper/lower body strengthen and flexibility exercises all done to great musical selections. (B,I)

SilverSneaker - CLASSIC: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to toe stretching, and complete relaxation in a comfortable position.(B, I)

Cycle & Abs: Intense calorie burning cycling with upper body and core conditioning. This class rocks, rolls and spins off stress. You are guaranteed an awesome sweat with lots of energy!! Cycle+ 1 hr. long. (I, A)

Body Bar & Abs: Get an entire body workout in just 45 min using a weighted fitness bar w/ Ab conditioning. This class will give your metabolism a boost! (B, I) THE PLUS+ means class may include cardio work, steps, gliders, bands or exercise balls and 1hr. long (I, A)

Yogalates: A full-body conditioning class blending yoga poses with pilates moves and stretching. You will focus on increasing flexibility, core strength, and overall wellness. Exercise balls, body bars, weights, tubing, gliders & steps may be used. (B, I, A) THE PLUS+ means class may include weights and bands. (I, A)

Mat Pilates Mat pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. (B,I,A)

Boxing For Fitness: This class is done with a circuit format and is appropriate for any level of fitness. Most stations are boxing related and will help improve coordination, build muscle and endurance. (B,I,A)

Zumba: A Latin-inspired dance fitness class that incorporates Latin and international music and dance movements, combining fast and slow rhythms and tone and sculpt the body. Zumba is designed for everyone. People of any fitness level, from any background, and of any age can start the program right away. (B,I,A)

Cardio Intervals w/Weights & Core Conditioning: High Intensity fast paced workout with no wasted time! Challenging cardio intervals with complete upper, lower and core muscle toning using steps, weights, sports training, kickbox, tubing, gliders, jump ropes, bands and exercise balls. WOW, what an awesome workout!! (I, A)

Cardio Kick: Get a maximum calorie burning workout using kickbox moves & combos! Powerful kicks & punches really work all your muscles and reduce stress! Targets, gliders, weights and other equipment may be used. This class ends with a challenging ab routine. (I, A)

Cardio Intervals w/Bars & Core Conditioning: Cross Train during this high energy workout! During this hour you will alternate cardio intervals with muscle conditioning using steps, weights, bars, tubing, gliders, bands and exercise balls. Get rid of the days stress!!! (I, A)

Total Body Blitz: Cross train during this high energy workout! During this hour you will alternate cardio intervals with muscle conditioning using steps, weights, bars, tubing, gliders, bands and exercise balls. Get rid of the days stress! (I,A)

Kinks & Knots: Release tissue tension in connective tissues and work out kinks, knots, and sore muscles. Deep stretching with balls and rollers (It's like getting a massage!).

Tabata High intensity interval training based on 4 minute increments, including 20 seconds work, 10 seconds rest ratio. This class is designed to get you in an out in thirty minutes, but not before burning as many calories as you would doing an hour on the treadmill! (I,A)

Insanity High intensity interval training with athletic drills yielding high caloric burn and cardiovascular fitness gains. Modifications provided for various fitness levels. This type of training is designed to make your body adapt in a way that increases your body's capacity to work harder and recover faster. (I,A)