

CLASS DESCRIPTIONS

ABC (Absolute Body Conditioning)- Maximize your workout with this incredible combination of cardio and strength work done in shorter but more efficient intervals. Hi/Lo, kick boxing, step, etc....

BODY WORKS: A class mixed with quick intense bursts of exercise followed by active recovery periods. This type of training gets your heart rate up while improving on muscle tone and fat loss. As total body exercise focusing on strength, balance and posture.

BODY BAR-Total use of the Body Bar makes the one hour class an amazing challenge. Rhythmic moves to sculpt your entire body with only a bar and great music.

BODY PUMP®- Group barbell class that challenges every major muscle in your body. High repetition boosts your endurance and speeds up your metabolism for rapid fat burning, enhancing confidence and well being.

BOOT CAMP- Develop speed, endurance, agility, and coordination with a series of drills and exercises. Instructor may include the indoor running track, outdoor spaces, balls, benches, etc...

BOKWA- Participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine while moving together to today's most popular music

CHISEL- Full top and bottom work out for those who want to improve their strength as well as flexibility. Use of bars, stability balls, weights, resistance bands, etc.. A great class for those just starting their fitness regime.

HIIT- High Intensity Interval Training - is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time!

INSANITY- Cardio-based total-body conditioning program based on interval training. Pushes the participant to new training heights resulting in more calories burned, faster results and a more efficient metabolism. INSANITY at-home workout in a group setting.

KICKBOXING- Burn body fat and lose inches through punching and kicking techniques. A great class for those looking to enhance their power, strength, and coordination.

MIXXED FIT- An explosive workout which brings in some of the hottest trends in Movement and Choreography MIXXED with your basic boot camp exercises!

PILATES - Make the mind, body, and spirit connection! Create balance, symmetry, strength, and flexibility throughout every muscle. Bands and free weights add to this amazing class. ***POWER PILATES** includes resistance training.

Silver Sneakers® CLASSIC- A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for seated or standing support.

SPIN- Experience the ultimate indoor cycling journey for cardio conditioning. Work at your own level while being motivated by your instructor. Typical spin class is 45 min. to 60 min.

SPIN X'PRESS- A half hour ride is all you need to get a great cardio workout. Your instructor will take you from hills, to sprint, to jumps and climbs, all in 30 minutes!

SPIN N'SCULPT- A great combo class for those who want to double the benefits of their spin training. This class incorporates the use of free weights in conjunction with cardio intervals.

RACE DAY SPIN-This class is going to work you within the parameters of maximum heart rate. Resistance can range from intense climbs to challenging flats.

SOUL SPIN-Set the intention for your day with a ride designed to energize your body and fee your soul. Every ride ends with a motivational quote, saying or story.

VIRTUAL SPIN- This 45 min. class takes the rider on a journey using innovative technology. Travel to Spain, Italy, Germany, all in one ride. Experience all the best that spin has to offer all while taking the ride of your life.

STEP STRENGTH- Exactly what the name implies- the challenge of step with weight work.

STEP/CARDIO BLAST-Back to back intervals of step and floor work to challenge your cardiovascular system. 90 seconds of step paired with 90 seconds of intense floor work. A final challenge at the end comes with a bit of upper body and core work.

TABATA- A high-intensity training regimen which includes intense cycles of interval training for 20 seconds followed by 10 seconds of rest, repeated, without pause 8 times for a total of four minutes.

X-TRAINING- The concept is simple- three 20 minute segments put together to give you the best of both worlds- cardio and strength training. Cardio segments may include step, spin, floor aerobics and jump ropes.

POWER YOGA- Focuses on breathing techniques while moving through a series of postures. Postures may be different from class to class but always follows an intelligent progression that moves from basic to complex with emphasis on strength and flexibility

RESTORATIVE YOGA- Perfect for all levels, this class will move slowly and focus on comfort. Restore your body by relaxing into poses, and moving at your own pace.

VINYASA YOGA- A series of poses linked together by the power of breath. This class will challenge you and leave you feeling revitalized

ZUMBA® - A fitness program inspired by Latin music and dance moves such as the Cha-Cha, Salsa, Mambo, Calypso, Belly Dance, and Rock & Roll thrown in for good measure. Come join the party!

ZUMBA® GOLD- Was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a much lower intensity.

ZUMBA® TONING- Use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs.