

GROUP FITNESS Class Descriptions

A variety of group fitness classes are available every day. Most classes include 5-10 minute arm-up, abdominal exercises, stretching and 5-10 minute cool down. Whether you are just beginning aerobic exercise classes or you have participated before, all levels of fitness are welcome to participate! Instructors will give modification options for all levels of fitness.

ABS & Abs 'n Back

Strengthen and tone abdominal and back muscles in this high intensity class that will help support your posture.

AOA Cardio & Strength

Low impact aerobics with strengthening exercises using hand weights, balls, bands and floor exercises. Also incorporates stretching exercises. Class is of higher intensity than SilverSneakers classes.

ARTHRITIS CLASS (Pool)

Designed to work the joints. Approved by the NAF.

BEGINNER STEP CLASS

Get a great workout while learning the basic bench stepping moves.

Belly Dancing

A form of dance native to the Middle East that consists of movements focusing on the torso area. A good cardiovascular workout that also increases strength in the core muscles, legs and increases flexibility.

BOOT CAMP

A mixed class of drills including push-ups, squats, running, suicides, all kinds of things designed to make you sweat!

CYCLE

The ride you will be looking forward too all day. This class includes climbs, jumps,

sprints and is a combination of high energy and fun!

Cycle Cardio-Combo

Combines cycling with running drills, stairs, body weight exercises, for all over conditioning.

DANCE STEP (Advanced Choreography)

Step up to the challenge with a variety of fun, advanced choreographed moves. Dancing and stepping-a great exercise option.

Fast Fitness

Conditioning class with a cardio warm-up, resistance training (Upper body on Monday/Lower body on Wednesday), core conditioning, & stretching designed to increase endurance and strengthen muscles-quickly!

Interval Cardio Blast

Cardio combo class with a rotation of floor aerobics and basic step. Class ends with abs & upper body conditioning.

KICKBOXING

Intense total body workout using jabs, punches & kicks, while building core strength. (Monday morning modified class uses less kicks and is of a lower intensity.)

LINE DANCING

Dance your way to health with new and old line dances designed to make fitness fun!

PILATES

The focus of this class is on strengthening the abdominal and torso area by using the strength of the body.

POWER-CUT

Sculpt your body with Free Weights! Utilize the lightweight bar & free weight plates to exercise all major muscle groups.

SCULPTING

Sculpt body into the look you want by isolating muscles using bands, weights, and other props. This class is a great compliment to your existing cardiovascular routine.

SENIOR WATER EXERCISE CLASS (Pool)

This class is designed to work on exercises that will assist participants in activities of daily living. Strengthening, toning & cardio exercises.

SILVER SNEAKERS

Incorporates cardiovascular exercises with or without a chair and different resistance training methods. For seniors or those with health issues.

STEP

Work your body in this challenging high-energy, high intensity bench stepping class, which includes body-toning exercises. This class will help your body achieve strong, lean muscles by isolating your muscles using weights, bands and other props.

YOGA

Energize yourself and relieve stress practicing yoga postures that help develop strength, flexibility and mental focus. All levels are welcome.

Yoga/Stretch Class

This class uses chairs for many of the poses and is designed more for beginners, seniors and those who don't or can't get on the floor with a mat and bare feet. Increases flexibility, relieves stress and relaxes your whole body.

"WEE WALK"

Exercise class for you and your child while your child is in and out of the stroller.

ZUMBA

Latin dance moves for a cardiovascular workout! Learn dance skills, rhythm, and body control. Upbeat music.