

Group Exercise Descriptions

ATHLETIC STRENGTH

Getting ready for sports or not use this class to get 'athlete fit'! This class that combines plyometrics, agility, and strength training and endurance to prepare you for the sport called life!

BALL CONDITIONING

This class uses the ball to strengthen & stretch your entire body while improving your balance and core fitness.

BOOT CAMP

This exciting workout consists of weight training, calisthenics, plyometrics, balance & core exercises for both the upper and lower body done in a circuit format. This whole body workout is easy to follow, yet offers a challenging workout for all levels.

CARIBBEAN RHYTHM

Have fun, move to the rhythm of the music while toning and sculpting with light weights and get a total body workout!

KICKBOXING

Learn how to jab, hook, uppercut and kick while you burn fat, tone muscle and relieve stress.

KICKBOXING & SELF DEFENSE COMBO

Traditional cardio kickboxing integrated with a combination of real strikes, kicks and grabs incorporating bags and additional props. Be prepared!

KICKED-UP CARDIO

A challenging cardio workout that will keep you moving with a combination of hi/low, calisthenics, step and athletic training exercises.

PILATES

Workout is based upon strengthening the "core" muscles of the body while increasing flexibility and mobility in the legs, arms and supporting muscle groups.

SENIOR FITNESS

Join Laurie, our senior fitness specialist, in this 60 minute toning, strengthening and stretching workout. Improve your balance, flexibility and strength while listening to some

great music and having fun!

SPINNING

A 40-minute simulated cycling journey set to music and guided imagery. Class begins with bike set-up, so please arrive on time!

STEP CIRCUIT

Intervals of step training and muscle conditioning. Great for a total body workout and great fat burning.

SUPER SCULPT

Define & Refine! Toning and strengthening utilizing resistance bands, weights, tubing, ball, Body Bar and steps. Strength training is critical to building bone density and great muscle tone.

THIGHS, BUTTS AND GUTS

30 minutes concentrating on legs, abdominals and glutes!

YOGA

This practice will emphasize alignment and extension, awareness of the body postures, breathing techniques and brief meditation.

ZUMBA

Zumba is a fusion of Latin dance and music, borrowing rhythms from global dances such as samba, tango, meringue, salsa, cha cha, belly dancing and hip hop. A ton of fun and a superior calorie-burner!

20-20-20

This class will energize you! A simple to follow 3-in-1 workout offering 20 minute combinations of aerobics, muscle conditioning and abdominal/core exercises.

****NEW CLASSES!**

CHISEL'N SCULPT

A combination class; muscle conditioning exercises with cardio bursts in between major muscle groups maintaining heart rate in the fat burning zone while building muscle!

ABS / CORE

15 minutes blitz of abdominals and deep core muscles!