

Group Exercise Descriptions

Classes are a great way to get involved and meet new people. Check out the group exercise calendar for our daily class offerings!

Cardio & Strength

Body Shop/Abs: Fast paced, 30 minute strength training class, using light weights with minimal rest between sets to produce a calorie burning & cardio effect. Then, 15 minutes to focus on abs.

Boot Camp: High intensity class, utilizing plyometric exercises, intervals and core strength training.

Build-A-Body: Complement your cardio workouts with this class focusing on strength training. Tone, maintain or build muscles, with safe lifting techniques. Great for all ages and ability levels.

Cardio Pump: This class will sculpt, tone and strengthen your entire body, fast! Focusing on low weight and high repetition movements, you'll burn fat and gain strength while producing lean body muscle condition. This will challenge all your major muscle groups while you squat, press, lift, lunge & curl.

Country Heat: Get your cardio in while dancing to the latest country hits. Low impact cardio makes – this is a super fun workout

Cycle: This is a cardio workout performed to music on specially designed stationary bikes. Class length varies. Indoor cycling will sculpt your muscles and increase your cardiovascular fitness.

High Intensity Interval Training (HIIT): Burn & sweat with this class that incorporates body weight exercises and bursts of cardio. Be ready, as this is a high level, extreme class, but it's a lot of fun too. (Check out **Intro to HIIT**, too. A slightly less intense version of HIIT)

Mommy & Me: Bring your stroller so you and your little one can bond, get back into shape and challenge your body. This class is no joke! Class incorporates body weight exercises with bursts of cardio.

P90x Live: High intensity drills combining resistance and body-weight training, cardio, plyometrics and core work to provide a full-body workout.

Piloxing: A unique mix of Pilates & boxing with a fat torching, muscle sculpting interval based workout.

Sunrise Surprise: Wake up your muscles with this early morning strength training class. Warm-up and then work on upper and lower body strength using a variety of equipment. End with an ab workout and stretching.

**** TRX:** Suspension training system that leverages gravity and your body weight. You control how much you want to challenge yourself by adjusting your body position to add or decrease resistance. Class could include body blast, circuit, sports drills and boot camp formats.

30/30: 30 minutes of strength or Pilates mixed with 30 minutes of cycling. Get a cardio blast mixed with the stretching of Pilates or a full body strength workout.

Ultimate Abs: Strict Core Class with a focus on developing your abdominals, obliques & back muscles.

Zumba: Get your hips moving to the beat for a calorie burning, body energizing, awe-inspiring class. Class includes interval fast/slow rhythms and resistance training to tone and sculpt while burning fat.

Mind-Body

These classes will help you balance more than just the body. Learn the science of physical and mental rejuvenation through relaxation, flexibility, toning, balance & concentration. If you're ready for an enriching experience that unites the mind/body/spirit, then step away from the hustle and bustle of the outside world and join us.

Ballet Barre: A blend of ballet and Pilates at a very slow pace. This workout tones and elongates your muscles giving you the strong, fit, lean body of a dancer. This is a barefoot class.

Gentle Yoga: Learn fundamental yoga postures and start to experience the benefits of yoga through both standing and seated postures. It's all about learning & working at your own pace to build strength & flexibility, but also confidence in yoga. We end the class with a deep relaxation pose to help students relax their whole body.

Integrative Yoga: Move from pose to pose and build your level of body awareness while working your body alignment along with breath work. You will work on building a healthier body physically & emotionally.

Intermediate Yoga: This class is all about building & moving at a quicker pace to develop more strength, stamina & flexibility. Students develop a connection between breath and movement. This class ends with a relaxation pose to return heart rate to normal & absorb the benefits of yoga.

Pilates: This class utilizes balls and bands to strengthen core muscles along with class mat routines.

PiYo: This low-impact, high-intensity workout combines the mind/body practices of yoga, with a fast-paced cardio component. You'll improve strength, balance, flexibility and overall fitness with PiYo.

Tai Chi/Qi Gong: Ancient exercise called "meditation in motion". Slow moving exercises that will increase flexibility, mobility and balance to promote overall health & well-being. Qi-gong is a Chinese healing art to decrease stress and improve healthy vitality to energize the body.

Vinyasa Yoga (Yoga Flow): This is an active yoga promoting strength, flexibility and stamina. Each class begins with breath work, postures & ends with a relaxation posture or guided meditation. This class can be tailored to your level.

Yogalates: Combining the best of Pilates and yoga for a total body workout focused on toning. This low-impact workout will increase your fitness level, develop core strength & work balance while improving flexibility, muscular strength, posture & alignment through yoga poses, breathing & relaxation.

Active Older Adults

We have a strong group of members we consider to be Active Adults – those age 50 and older who stay active by participating in physical and social activities that enhance the spirit, mind and body. Here are some classes specifically designed for you, but definitely not limited too!

SilverSneakers Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball while alternating with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SilverSneakers Classic: Have fun and move to the music through 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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Yoga: SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Our programs don't stop here, make sure to look at our pool programs & Personal Training opportunities.