

Group Fitness Class Descriptions

Strength/Cardio Classes:

Total Body/ Total Body Blast: A workout that aims to hit all the major muscle groups in one single session. Classes will focus on different areas including exercises for back, legs, chest, shoulder, arms & core.

Elevate Circuit: This moderate-intensity circuit training class combines dynamic strength moves and low impact cardio bursts for a total body workout that builds stamina, stability and strength. Every round is designated to help you move better, feel stronger, and elevate your fitness.

Power Fusion: A dynamic workout that blends traditional strength training, stability balls, and Pilates for a fun and effective full-body experience. Strengthen, balance, and feel great while supporting your overall health!

Timeless Classics: Activities that are perfectly tailored to senior individuals wishing to improve cardiovascular endurance, flexibility, functional strength and balance. A low impact class geared for those who are new or retuning to exercise.

Strength Training with Joe: Each class begins with a warmup, then an instructional portion, then everyone has time to perform the day's lifts while being watched by an experienced lifting coach. Whether you are a complete beginner in the gym or an experienced lifter, this class aims to be an educational time to build strength & confidence with heavy lifts and an encouraging atmosphere to progress in.

Strong Heart/Strong Body: Aerobic weight training, keeps your heart pumping in your target zone & while giving you the benefits of increased metabolism, fat loss, stronger bones, improving balance & flexibility.

Power HIIT: Power HIIT is a 45 minute class that will mix strength training and a HIIT workout. Dumbbells and wooden rods will be used for the strength training portion of the class.

Bikes & Bells: 40 minutes of Spinning® & 30 minutes of kettlebells. Cardio and total body strength training.

Elevate: Is a high energy, full body workout that combines suspension trainers, battle ropes, and dumbbells to build functional strength, improve endurance, and get your heart pumping. Designed for all fitness levels.

Strength in Motion: All levels strength and conditioning class designed to help you move better, get stronger and feel your best. Using a variety of equipment including dumbbells, bands, sliders, steppers and body weight cardio - each workout delivers a fun effective full body challenge.

30 Minute or Less Classes

Pilates: Is a form of strength training that focuses on improving muscle tone, endurance and stability. Pilates is a type of exercise in which you perform a series of controlled movements with precision for a total body workout

Body Blitz: 30 Minutes of high intensity, short intervals for increased overall strength targeting every muscle. Using dumbbells and body weight exercises.

YO: Upbeat yoga inspired, modern music driven stretching format. This workout incorporates stretching, strength and balance to improve overall health, and shows what a difference stretching can make in our lives and for our bodies. Get ready to move to your favorite tunes and get your sweat on.

Yoga/Stretch Classes:

Gentle Stretch: This class is designed to stretch, tone and strengthen the entire body. This class will help improve your flexibility, circulation, and posture and relieve stress.

Gentle Yoga: This class is designed for people who want to start at the beginning and learn the basics of yoga poses. We will focus on proper alignment, breathing and understanding the benefits of each pose. We will explore some modifications and adjustments of poses, and learn how to use props such as blocks and straps to help us relax more deeply into poses. This is a mat class so participants should feel comfortable getting up from and going down to the floor.

Chair Yoga: A gentle beginner's class in which we use the chair for support through all poses, either standing next to the chair or sitting in it. Emphasis is on exploring range of motion; breathing exercises; and developing greater flexibility. No mat needed, just comfortable, stretch clothing.

Strength & Stretch Yoga: A gentle flowing class, beneficial for intermediate students, with emphasis on slow movement through the available range of motion, gradually building strength and flexibility.

Silver Sneakers:

Silver Sneakers Yoga: Seated and standing yoga poses to increase flexibility, balance and range of motion.

Silver Sneakers Classic: Seated and standing exercises to increase muscular strength, range of motion and activities for daily living

Aqua Classes:

Aqua Aerobics: Water Aerobic exercise is a cardio workout combined with muscle toning activities to create a full body limited impact workout. the class uses various formats, including resistant equipment.

Aqua Arthritis: Join us to maintain and increase your range of motion. Toning and flexibility exercises are specified by the Arthritis Foundation. The water's buoyancy and warmth help to decrease pain and stiffness while improving joint flexibility.

Deep Water Aquafit: This no-impact class combines aerobic activity and muscle toning with an emphasis on core strengthening. Resistant equipment is used.

Silver Splash Aquafit: This class uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels.