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.
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.
HIGH Fitness: HIGH fitness takes old school aerobics to the next level with modern fitness techniques such as HIIT, Plyometrics, interval of strength and cardio.
HIGH/Low: A low impact workout, this class is highly adaptable to all fitness levels. This class focuses on the heart rate remaining in a manageble yet constant and challenging aerobic state for the majority of the class. With modern music and easy to follow choreography you are always going to get a good sweat!
Spinning®: Is more than a workout - it's a journey designed to energize your mind and body. With a focus on energy zones, heart rate monitoring and tailored bike movements, these classes cater to all fitness levels. Whether you're building endurance, boosting strength, or burning fat, you'll ride through thoughtfully crafted profiles designed to maximize results.
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.

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 y 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 sill levels.

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.
Catch the Beat: is a fun, low-impact dance class that gets you moving to upbeat music and feel-good rhythms. Come ready to dance, groove, and have a great time—no dance experience required!

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