

CLASS DESCRIPTIONS

Updated 5/30/17

Aqua-Aerobics –An invigorating cardio workout in the pool which concentrates on stress-free, non-impact exercises.

Body Blast – This dynamic interval style class alternates blocks of choreographed step aerobics and cardio drills with muscular strengthening exercises. Time will fly by as you incinerate fat and keep your heart rate soaring!

Boot Camp! - A workout with a vengeance! A fast paced, extreme calorie burning workout that blends the best of cardio drills with plyometrics and strength training, to increase your endurance and make you sweat!

Cardio Kick & Burn – Maximize your heart rate with various martial arts punches & kicks and intense power drills. Feel the burn as you focus on muscular and core strength, with intervals of total body conditioning.

Cardio Sculpt – A high energy class combining periods of cardio training and body sculpting to create a powerful full body workout to train your heart and define your body.

Core Barre - *NEW* - With our new instructor Tiffany! Sculpt and tone your entire body with light weights and core-centric exercises, while using the barre to lift and lengthen your lower body.

Cross Fire - *NEW* - Are you looking to burn fat, crush calories and build lean muscle? Are you willing to sweat, burn and be breathless? Then get ready to get **ignited**, because you are about to embark on a fitness and metabolic conditioning workout like no other!

Dance Fusion – This unique combination of Zumba and Ballet Barre will leave your heart pumping and muscles shaking! Your workout begins with Zumba dance moves for an exhilarating cardio experience. The second half of class incorporates ballet inspired movement at the barre to tighten, firm and tone muscles, promoting a long & lean body.

HIIT (High Intensity Interval Training) - With our new instructor Kathy! Push yourself to new limit with this intense cardio interval and strength class. Used by athletes to improve endurance and performance, this heart pumping workout will provide results for any level participant. This class will leave no muscles untouched, and will leave you feeling energized and invigorated!

Low but Loaded - A low impact aerobic and body sculpting workout combined with stretching to increase flexibility. This class is perfect for beginners or participants looking for a great workout with no jumping or impact.

Pilates Mat - Exercise that concentrates on core-stabilizing muscles, in addition to weight bearing exercises that target joint muscle connections.

Pilates Fusion – A blend of mat based Pilates, strength conditioning, classical ballet movements and stretching make this class unique. This class focuses on deep core training, muscle strength, balance and flexibility.

Power Barre - With our new instructor Kathy! Don't miss this quick paced, high energy fitness experience which fuses exercise techniques from the worlds of Pilates, Dance, Calisthenics and Yoga. Tone your entire body with a focus on balance, posture, flexibility and endurance. This class will leave your muscles shaking, your heart pumping, and your inner spirit glowing! *Limited to 20 participants.

Power Yoga- A fast paced vinyasa yoga class. You will learn a series of postures to stabilize and create a flexible, toned and strong core. Intermediate-Advanced Levels

Strength Fusion – No jumping, no thinking... just pure strength! This intense no frills functional workout will focus on muscle exhaustion and core strength to condition every part of your body. Be prepared to push yourself to a whole new level!

Spin - An exciting indoor cycle program of different drills such as speed, lifts and hill climbing in a specially designed room just for you.

Step/Kick/Sculpt – Intervals of step aerobics, kickboxing, and intense body sculpting combined for a full body workout.

Total Body Conditioning – This total body workout challenges every muscle in the body with a combination of cardiovascular exercises, muscular strength and endurance.

Warrior Sculpt - *NEW* - This unique body conditioning class teaches you core discipline through the mind over body technique. Sculpt your body using a combination free weights, Pilates & Yoga techniques, and breathing.

20/20/20 - This challenging class combines cardio, strength training, and core training, each in 20 minute intervals for the ultimate conditioning experience.

Yoga – Focus on opening the body gently with stretching, core strength and sequences of moving yoga postures. Breath, awareness and relation are used to connect the body & mind and to heal, nourish and tone the body

Zumba – This exciting Latin style choreographed dance class focuses on inner core conditioning.

****Wristband required to enter all Group Fitness classes **Class format, time and instructor subject to change****
No entry to classes in progress **Use of cell phones is not permitted in Group Fitness Classes