

CLASS DESCRIPTIONS

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

Barre Fusion – This new class focuses on the core and intense lower body toning, utilizing the ballet barre as well as other fitness equipment to strengthen, lengthen and tone.

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 - Sculpt and tone your entire body with light weights and core-centric exercises, while using the barre to lift and lengthen your lower body.

Core Strength – NEW!!! Tone your entire body with a focus on balance, posture, flexibility, strength and endurance. This class will leave your muscles shaking, your heart pumping, and your inner spirit glowing!

Dance Fit - _An intense dance based class with intervals of HIIT and strength training to complete this full body workout.

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.

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 Hour – **NEW!!!** Are you looking to burn fat, crush calories, build lean muscle and be breathless? Push your limits in this interval style athletic based cardio /strength training workout that will leave you feeling strong and powerful.

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

Sculpt And Groove – NEW!!! This fun new class blends high energy dance and cardio choreography with sculpting to target hips, abs, and buns!

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

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.

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.

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

****Wristband required to enter all Group Fitness classes **Class format/instructor subject to change
Proper attire required **Use of cell phones is not permitted in Group Fitness Classes