

Class Descriptions

Ab Session

Intense abdominal/ lowback workout

15 min class

Strength Training

A non-impact, no dance work out designed to address muscular strength and endurance.

1 hour class

Boot Camp

Strength and cardio collide in this energetic, fast paced head to toe workout. No rhythm necessary, potential to burn over 1000 calories.

1 hour class

Cardio Kickboxing

A combination of kick/punch patterns alternating with cardiovascular drills. Potential to burn over 1000 calories.

1 hour class

Tabata/H.I.I.T.

High intensity interval training utilizing 20 second work and 10 second rest periods. Done for 4 minutes each. These short intense workouts improve aerobic and anaerobic capacity, improve blood sugar metabolism, and improve fat burning.

30 minute class

Fitness Fusion

Intervals of cardio that include functional, strength, core and, balance training, ending with flexibility stretches.

1 hour class

Zumba

It's Fun, It's Different, and it's Easy to follow. Using a variety of different *Latin* rhythms.

1 hour class

Dance Fit

Dancing with strength-training/toning. 3-4min.of dance and strength-training cycles.

Work on rhythm, strength, flexibility through today's popular dance moves.

1 hour class

Step

Step is choreographed exercise routines for a great cardio workout on a multi level platform.

This class is for beginners to advanced. Modifications are given so you can choose your level of intensity.

45 min. class

Yogalates

Have the best of both worlds! This class combines yoga and Pilates.

1-hour class

Pilates

A different complimentary discipline creating a strong core, lean flexible muscles, performed in a gentle but demanding format.

1 hour class

Yoga

A precise series of exercise positions designed to improve mental concentration, strength, and flexibility.

45 min to 1 hour class



Any class that does not have at least 5 members will not be taught for that hour. If low numbers continue then the class(es) will be modified or removed from the schedule

Children 7 years of age and older are welcome to participate in any group exercise class with supervision.