

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.
1 hour . class

Yoga Stretch

It moves through a series Of poses that stretch the spine, shoulders, neck and back
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

Class Descriptions



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!!