



GROUP FITNESS CLASS DESCRIPTIONS

Effective 4/20/26

AGELESS CIRCUIT -beginner/intermediate

A mix of strength training and muscle endurance, plus 20 minutes of continuous cardiovascular training (aerobics). Modifications are presented.

AQUA FIT -all levels

Offers a low impact but high intensity water aerobics workout. Class is designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance, using the resistance of the water to lessen the impact on your body and joints.

AQUA JOG -all levels

Offers the benefits of running with less impact on your body and joints. Class is designed to build strength and endurance while getting your cardiovascular system going.

AQUA TABATA -all levels

Aqua Tabata is an exhilarating, low-impact, high-intensity interval training (HIIT) workout that takes place in the pool. Exercises are done in the 20 seconds work 10 seconds rest format for 8 rounds.

BALLET FOR BALANCE -all levels

Find yourself feeling more balanced in everyday life with our Ballet for Balance class. Ballet offers us the opportunity to strengthen our core, feet, hips and legs, which all contribute to the integrity of our balancing abilities.

BODY WEIGHT HIIT -all levels

A High Intensity Interval Training class using body weight and a variety of equipment. A fat-burning workout that will bring all participants to a new aerobic and anaerobic fitness level.

BOOT CAMP -intermediate/advance

Work at your own pace as your instructor takes you through a series of both strength training and cardio full body movements that will have you sweating and your muscles burning. Feel strong, powerful and accomplished leaving boot camp class.

CARDIO BLAST -all levels

Instructor will lead you through efficient, precisely designed intervals on the treadmill, cross trainer, row machine and bikes. Increase endurance and cardiovascular strength.

CHAIR YOGA -all levels

Yoga is a holistic approach to increased strength and flexibility benefits while sitting in a chair.



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CIRCUITS -intermediate

Circuit training that targets strength-building and muscular endurance. This class will use a variety of strength and cardio equipment.

CORE -all levels

Designed to strengthen the muscles of the abs and back with nonstop core sculpting moves.

CORE FUSION -all levels

Core strength is beneficial for healthy living. This class uses a stability ball and a mat for increased strength and flexibility.

FAMILY YOGA -all levels

This class uses simple yoga poses, gentle stretching, and mindful breathing techniques to promote relaxation and focus for both children and adults. We'll end with a short, peaceful rest to leave everyone feeling refreshed and centered. A perfect way to de-stress and spend quality time together.

FULL BODY STRENGTH & STABILITY-all levels

Class offers a complete workout that can be performed entirely seated, entirely standing, or a mix of both. Designed to improve functional strength, posture, and cardiovascular health. This class will use light dumbbells, resistance bands, or body weight for a full body workout.

FUNCTIONAL FITNESS -all levels

A movement-focused class designed to keep you strong, mobile, and balanced. Using suspension straps, a BOSU trainer, and targeted flexibility work, you will build core stability, functional strength, and improved mobility for everyday living. Move better. Feel better. Stay Functional.

GENTLE YOGA -beginner

This class is geared specifically for those new to yoga or those who are interested in a gentle practice. This class moves at a slow and mindful pace connecting your breath to your body, improving relaxation, flexibility, stability, range of motion and balance.

KETTLEBELL CONDITIONING -all levels

Increase your strength, power, cardiovascular endurance and overall fitness with kettlebells! This class is for all fitness levels and can be tailored for beginners to advanced kettlebell movements.

KUNDALINI YOGA -all levels

Awaken your energy and restore balance through a combination of dynamic movement, intentional breathwork, and guided meditation. Participants will build strength, increase flexibility, and calm the mind. Each session focuses on connecting body and breath to support overall well-being, leaving you feeling energized, centered and refreshed.



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LITE AND FIT -intermediate

Get a low-impact workout with a variety of exercises including aerobics, lightweight dumbbells, small fitness balls, and bands. Balance, flexibility, strength and cardiovascular fitness are all included in this fun class.

QI GONG/TAI CHI -all levels

Based on the principles of Qigong Tai Chi, participants learn to incorporate deep restorative breathing with slow and mindful movement. The slow and mindful pace will help with balance, flexibility, and increased relaxation. Exercise both the body and the mind.

SPIN/ SPIN FOR ALL -all levels

Join us for a fun and energizing workout on the spin bike where you are in control of your resistance and challenge level. We provide the music and guide you through hills, flats, and different goals to make you sweat and strengthen your entire body - especially your heart and legs. You decide how much resistance and effort you want to use during the class.

STRENGTH & STRETCHING WHILE SITTING -beginner

Move to music through a variety of strengthening and stretching exercises designed to increase range of motion, strength, endurance, and activity for daily living skills. Balls, weights, and tubing are used. Class is entirely seated.

STRENGTH & CONDITIONING -all levels

A full-body workout incorporating the use of adjustable barbell, body weight movements, kettlebells, and more. A variety of intervals, circuits, and intensity to help you gain strength and increase your cardiovascular conditioning.

TABATA/ TABATA FOR ALL -all levels

Using a variety of strength and conditioning exercises each class offers full body workout. Exercises are done in the 20 seconds work 10 seconds rest format for 8 rounds.

TOTAL BODY STRENGTH -all levels

This comprehensive workout is designed to challenge every muscle group, leading to increased strength, improved muscle tone, and enhanced calorie burn. Expect a fun and effective session incorporating weights, resistance bands, and bodyweight exercises. Come ready to sweat and grow stronger!.



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YOGA FOR BALANCE -intermediate

Perform postures and breathing exercises while using a chair (sitting and standing) for support. You can experience the many benefits of yoga and strengthen your balance.

YOGA FOR STRENGTH -intermediate

This class strengthens the entire body combining traditional yoga poses and movement. This is a fast-paced class that props, weights, and body weight, with an emphasis on core activation.

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YOGA FLOW -beginner

This class is perfect for beginners and experienced yogis. This class flows through a sequence of traditional yoga poses with mindful transitions. Leaving feeling calm and refreshed!

ZUMBA -all levels

Dance your way to fitness following simple choreography that is designed for everybody and every body. No dance experience is required—just jump in and move to the beat! Various genres of music will be incorporated.