

Group Exercise Class Descriptions

ARTHRITIS LAND – Designed especially for people with arthritis. A variety of exercises are used to help improve joint flexibility, range of motion and muscle strength. Registration Required.

BODYCOMBAT– BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. It's a combination of Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. No experience needed.

BODYFLOW– BODYFLOW is a yoga-based class created to help improve your mind and body. It's a combination of Yoga, Tai-Chi and Pilates.

JAM FOR JUNIORS – Jam for Juniors (ages 9 – 15) is a cardio class that will focus on learning progressive choreography and breaking a sweat. Styles will include hip hop house and Latin forms of dance.

BODYPUMP – BODYPUMP is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP gives you a total body workout that burns calories, strengthens and tones.

BODYVIVE – BODYVIVE features the optimal mix of strength, cardio and core training. With three workouts in one, this is a great cross training option for busy people on the go!

CHAIR YOGA – This yoga is performed from a chair. Experience relaxation and meditation while focusing on breathing, moving, stretching and gaining strength.

CYCLE – Interval training on bikes for a well-rounded workout.

ENHANCE FITNESS – Enhance Fitness is a proven program for the active older crowd. It is recognized by the center of disease control and prevention and other national organizations devoted to wellness.

FITNESS FOR JUNIORS– This fitness program is designed specifically for kids ages 11-15, will incorporate strength and cardio training, team building, boot camp, obstacle courses and empowerment activities.

INTERVAL TRAINING: – Low-moderate impact intervals of cardio, strength conditioning, balance and stretch.

HIGH INTENSITY INTERVAL TRAINING (HIIT) – Alternating short, higher intensity intervals of cardio exercise with lower, slower intervals of strength & conditioning moves.

LOW IMPACT – Low intensity cardio workouts, designed for beginner and intermediate levels.

PEDALING FOR PARKINSON'S– PFP is a customized cycling training program that aims to improve overall motor function of Parkinson's patients. Fast pedaling isn't a cure of Parkinson's disease and should not be touted as such, but there's compelling evidence to show that it does make a real difference for many who try. Caregivers of individuals with Parkinson's disease are welcomed to join the class.

PILATES – A conditioning program that focuses on core stability, muscle control, flexibility, coordination, strength & toning.

POUND– Using lightly weighted drumsticks, POUND is a combination of cardio, conditioning and strength training with yoga and pilates-inspired movements. This class is designed for all fitness levels. Drumsticks provided in class.

SILVER SNEAKERS – Class designed to improve the overall muscle strength, range of motion, flexibility and balance of active older adults. A chair is available for seated and/or standing support.

STEP – For all of those that enjoy step, this low impact, high intensity workout burns fat and builds muscle. This class is a mixture of cardio and strength.

STRENGTH & CONDITIONING – A total muscle conditioning class that includes working on muscle strength and endurance with very little cardio but lots of emphasis on various muscle groups.

STRENGTH & CONDITIONING for Active Older Adults: Work outs are specifically created to help build endurance, strength and balance for active older adults.

TRX – Born in the navy SEALs, TRX Suspension Training uses gravity against your body weight to simultaneously develop strength, balance, flexibility and core stability.

YOGA – Experience relaxation and meditation with a focus on breathing, moving, stretching and gaining strength.

YOUTH YOGA – Yoga for children, ages 6 – 10 has many benefits, including increased strength and flexibility, building self-confidence, relieves stress and helps with focus and attention. Yoga for kids lays a foundation for lifelong physical activity. Class is taught by a certified yoga instructor.

ZUMBA – Combines Latin and international music for a fun and effective workout.

ZUMBA Gold – Zumba Gold is great for active older adults who are looking for a modified Zumba class that recreates moves that you enjoy at a lower intensity. The class consists of easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

