



CLASS DESCRIPTIONS

STEP (60 Minutes) Cardiovascular aerobic workout of moderate to high intensity using a Bench. Includes abdominal work and stretching.

YOGA (60 Minutes) This class focuses on combining breath and movement during traditional sun salutations. While increasing strength and flexibility you will build your practice by advancing through modifications. Create a calmer mind and healthier body.

ZUMBA (60 Minutes) Dance your way to a fitter you with unique music, dance moves and rhythms!

LesMills BODYPUMP (60 Minutes) For anyone looking to get lean, toned and fit – fast! This Barbell & Weight class uses light to moderate weights with lots of repetition for a total body workout. You'll leave the class feeling challenged and motivated, ready to come back for more.

PUMP (60 Minutes) A group strength-training workout that targets and challenges all major muscle groups using a variety of weight training equipment, including stability balls, free weights, bar-bells, steps, bands and body weight exercises!

WAR: (60 Minutes) Martial Arts meets chart-topping music! Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros. More than just a class – a way of life!

PILOXING Knockout: (45-60 Minutes) Six rounds of high-intensity plyometric and functional training. Push past your limits, conquer obstacles, and reach a whole new level of fitness!

KETTLEBELLS (Evening Class: 60 Minutes; Noon Class: 30 Minutes) Strength – Cardio – Core! Intermediate level class with novice and advanced modalities. Using kettlebells, class participants are taken through a variety of movements all designed to develop overall body strength, mobility, internal energy, work capacity, and vitality. Extreme all-round fitness!

BOOT CAMP (Evening Class: 45 Minutes; Noon Class: 30 Minutes) Maximize your results with High Intensity Interval Training (HIIT)! Incorporates squats, ladder climbers, jabs, high-knees, and a variety of other exercises.

TABATA BOOT CAMP™ Fee-based, preregistration required. 8-week group training program based on High Intensity Interval Training (HIIT) protocol. Group members receive individually formatted program from a certified Tabata Bootcamp™ trainer, and participate in three weekly workouts that will result in successful weight loss and muscle gain. Exercises are combined with 24/7 web support that helps deliver amazing body transformation results. Includes 2 or more fitness assessments and body fat analyses.

AB LAB (30 Minutes) Core class that focuses on strengthening muscles of the abs, lower back, and torso.

CYCLE (Morning Class: 45 Minutes; Noon Class: 30 Minutes) Indoor cycling is a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drills and exercises.

CYCLE & STRENGTH (60 Minutes): Combines indoor cycling with cardio and strength intervals for total body workout!

SILVERSNEAKERS CLASSIC (60 Minutes) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated and standing support.

SILVERSNEAKERS YOGA (60 Minutes) Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

RYTH-MIX STEP (60 Minutes) Easy to follow low-impact, moderate-intensity cardiovascular aerobic workout with the option to either use or not use a Step. Includes upper-body strength exercises, abdominal conditioning, and stretching.