

GROUP X FITNESS CLASS DESCRIPTIONS

YOGA This is an all-levels class that teaches classic YOGA. The basic postures are presented in challenging ways with a focus on the fundamentals of yoga. Class addresses the needs of students who are new to yoga or those who might even have an advanced practice. This class will offer sessions that focus on Deep Stretching, Flexibility, Relaxation, Strength, Balance, Power etc.

PIYO® This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. We crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean, and incredibly defined.

INDOOR CYCLING This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a water bottle!

INSPIRATIONAL BIKING Join us for an uplifting cycle class. All music will be Christian music. This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

ZUMBA Dance your way to a fitter you with exciting and unique dance moves and rhythms. Taking the world by storm! Zumba is designed for everyone, every shape, every age. All exercisers from beginner to advanced will enjoy the fun and benefits of Zumba.

ZUMBASENTO combines strength and resistance training with innovative dance moves using a chair as your partner.

ZUMBABASIC Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

ZUMBA TONING offers the best of both worlds....the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

STRONG High Intensity Interval Training moves that will push you past your perceived limits, to reach your fitness goals faster!

BODYPUMP® the original LES MILLS barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

TURBO KICK LIVE is the ultimate cardio kickboxing party! Each class is packed with real kickboxing moves, calorie-blasting HITT training, and body-weight exercises. Sculpt your upper and lower body and burn major calories with rhythmic boxing and kickboxing combinations.

TOTAL BODY BURN Conditioning classes incorporate strength exercises and cardio segments using equipment such as dumbbells, kettlebells, tubes and bands for a total body workout. This class is intended to provide total fitness and overall toning by working every major muscle group in one workout

KETTLEBELL Compound exercises work multiple muscle groups simultaneously, developing strength and muscular endurance and efficient caloric expenditure. With a focus on integrating breathing, movement, and alignment with your ability to control and balance weight.

SILVERSNEAKERS CARDIOFIT Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVER SNEAKERS (MSROM) MUSCULAR STRENGTH & RANGE MOVEMENT Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

ZUMBA KIDS Great fun! Move to upbeat music and steps. Unique Latin inspired international music and dance steps create a dynamic, exciting and effective fitness system. Zumba is designed for everyone, every shape and age.