

Fitness Class Descriptions

Stretch/Recovery Classes

Yoga: Designed to increase flexibility, strength and balance while improving posture, coordination and focus.

Cycling Classes

Cycling Program: The latest in cross training, cycling is an instructor-led program and is appropriate for beginners as well as avid cyclists. It's a high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!

Cycle & Strength: Cycling combined with strength training for a complete, exhilarating workout.

Cardio/Strength Specialty Classes

BODYCOMBAT™: is a high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. *Express Format: 30 min

BODYPUMP™: is the original barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. *Express Format: 30 min working Warm up, squats, chest, & back.

PiYo Live: A low-impact workout that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements.

Zumba: Latin-inspired dance fitness class. Zumba is fun, different, easy and effective.

High Fitness Aerobics: Upbeat motivating music with simple and easy choreography – Interval training moves which you can take high or low impact. Class open for all fitness levels.

Beginner/Active Older Adult Classes

Strength & Balance: Strengthen your muscles and maintain stability with core and balance exercises created to enhance your quality of life.

