

Fitness Class Descriptions

ABT- 60 minutes

Moderate Intensity; Moderate impact

ABS, BUTT & THIGHS! Shape up and burn calories as you squat, lunge and crunch your way to fitness. Using a variety of equipment including weights, bands, gliders and bodyweight exercises you will tone and trim those areas we love to hate!

Bodysculpt- 60 minutes

Moderate- High Intensity; Moderate impact

Work all of your muscles in every way possible in this class designed to build strength, define your muscles and decrease body fat. Increase your lean muscle mass using dumbbells, tubing, body bars and a variety of body weight exercises to transform your body.

Bodysculpt Express: 45 minutes

Bosu-Sculpt- 60 minutes

Moderate- High Intensity; Moderate impact

Improve your balance, stability and strengthen your CORE in this challenging class that will give you results. Bosu balancing exercises combined with upper body sculpting exercises will work your entire body including your mental muscle as you push beyond your limits!

Bosu Express: 45 minutes

Cardio Combo- 60 minutes

Moderate Intensity; Moderate impact

This class has it all! Using light weights, bands and body weight exercises, increase your muscular endurance and strength while improving your cardio, flexibility and balance. Steps may be used for an increased challenge! Class includes mat work; participants must be comfortable getting to and from the floor.

Core-Yoga- 60 minutes

Low Intensity; Low impact

30 minutes of Core strengthening and toning using fitballs, bodyweight exercises and mat work followed by 30 minutes of relaxing yoga poses. This class focuses on improving flexibility and posture while strengthening your core. Mat work included.

Flow Yoga- 60 minutes

Low Intensity; Low impact

Move slowly through yoga postures to promote healing, relaxation and flexibility. Includes both standing and sitting postures. Beginners welcome!

Gentle Abs- 30 minutes

Low Intensity; no impact

Flatten, strengthen and trim your abs through a series of exercises including crunches, planks, bicycles and more! All exercises can be adapted however participants must be comfortable getting to and from the floor.

Gentle Cycle- 30 minutes

Moderate- Low Intensity; No impact

Enjoy a 30 minute indoor cycle that is easy on the joints, builds muscle and improves balance. Go at your own pace while enjoying the camaraderie in this small group class.

Gentle-Fit- 60 minutes

Low Intensity; Low impact

A low impact fitness class suitable for all ages and abilities focusing on improving flexibility, strength, endurance and coordination. Using light weights and chairs (as needed for balance), participants will be led through a variety of exercises to high energy music. No mat work.

Hatha Yoga Intermediate- 60 minutes

Moderate Intensity; Low impact

Practice more advanced poses and work to better control your breathing to improve oxygenation and alleviate stress. Intermediate classes are designed for those with previous yoga experience.

Restorative Yoga- 60 minutes

Low Intensity; no impact

A healing and recuperative experience using yoga props and prolonged poses to achieve a deep level of relaxation. Deep breathing and slower pace of this class will help calm the nervous system and leave you feeling relaxed and limber. No previous yoga experience required.

Spin Express- 45 minutes

High Intensity; Low impact

Join this high intensity ride with intervals of hills and sprints for the ultimate fat burning workout in 30 minutes! Cool down with a 15 minute stretch to leave you feeling energized and limber!

Spin & Sculpt- 60 minutes

Moderate- High Intensity; Low impact

30 minutes of cardio intervals on the bike to burn calories and improve cardiovascular health followed by upper body exercises using weights and bands to strengthen and tone.

Spin & Yoga- 60 minutes

Moderate-High Intensity; Low impact

30 minutes of high intensity cardio spin to burn calories and get your heart pumping followed by 30 minutes of relaxing yoga poses to help stretch your muscles and strengthen your core.

TBC- 60 minutes

High Intensity; Moderate impact

Total Body Conditioning. Get stronger, lose body fat and build lean muscle through a variety of high intensity intervals including cardio drills and muscular endurance exercises.

TBC Express: 45 minutes of the same fun!

TRX-Sculpt- 60 minutes

Moderate Intensity; Low impact

Tone and sculpt your entire body through a variety of TRX suspension training exercises combined with intervals of upper and lower body sculpting using light weights and bands.

Yoga Express- 45 minutes

Moderate Intensity; Low impact

Energize your body as you move through various yoga poses that will help open the body while strengthening the mind-body connection. Expect a variety of chest-opening postures, body twists and light stretching exercises to help release body tension.

Zumba Fitness- 60 minutes

Moderate Intensity; High impact

Party yourself into shape with high energy dance moves designed to tone in all the right places. You don't need to be coordinated or have rhythm... just a willingness to have fun and the desire to dance to the latin-inspired beats!