

Fitness Classes

(45 minutes) 15-15-15

Moderate Intensity; Moderate impact

Get fitter faster in this interval training class! 15 minutes of cardio exercises followed by 15 minutes of strength training and finishing with 15 minutes of abs and stretching for a full body workout.

(60 minutes) ABS, BUTT & THIGHS

Moderate Intensity; Moderate impact

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!

(60 minutes) BODY PUMP

Moderate Intensity; Moderate impact

Burn calories while shaping and toning your body and increasing core strength. This power-hour will incorporate high intensity interval training (H.I.I.T) and Tabata exercises to elevate your heart rate while you strengthen and tone using weights, bars, and gliders. Mat work is also included. Participants must be comfortable getting to and from the floor.

(60 minutes) BODY TONING

Moderate Intensity; Moderate impact

Sculpt and tone your body while increasing joint mobility and core strength. This class will include a variety of exercises using light weights, bands, balls and body weight exercises for your upper body, lower body and core.

Note: Bodysculpt Express 45 minutes

(60 minutes) BODYSULPT

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 a combination of cardio drills, dumbbells, tubing, body bars, and a variety of body weight exercises to transform your body.

Note: Bodysculpt Express 45 minutes

BOLLY-X

(60 minutes)

Moderate Intensity; Moderate impact

Join us for this Bollywood-inspired cardio dance-fitness class that combines fun, choreography with the hottest music from around the world! This program cycles between high and lower intensity cardio that can be modified to suit individual needs. No dance experience needed!

BOOTCAMP (60 minutes)

High Intensity; Moderate impact

Circuit-style bootcamp using a variety of challenging workouts to build strength and stamina. A combination of cardio fitness, muscular endurance and strength building exercises using a variety of equipment - never the same workout twice!

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.

NEW! CORE EXPRESS (45 minutes)

Moderate Intensity; Low impact

A challenging class that targets the abs, obliques, back and legs to activate and strengthen your core muscles. Targeted balance and core exercises using a variety of equipment including: Bosu, Fitballs, and body weight exercises. Mat work is included. Participants must be comfortable getting to and from the floor.

Online Schedules

Click here for the **Weekly Single Session Fitness Schedule**. Pre-registration is required for all Fitness & Gym programs. See **page 41** for fees.

Fitness Classes

(60 minutes) DEEP STRETCH YOGA

Low Intensity; No impact

Enjoy a deep level of relaxation while improving your flexibility in this slow, calming yoga class. Disconnect from the frantic activity of daily life and prepare your mind and body for meditation and a deepened awareness. Prolonged stretches will aim at opening up your shoulders, hips, and legs while releasing tension in your entire body. No previous yoga experience needed. Beginners welcome.

(60 minutes) FLOW YOGA

Low Intensity; Low impact

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

(30 minutes) GENTLE CYCLE

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 this small group class.

(60 minutes) GENTLE-FIT

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/floor work.

HIGH INTENSITY INTERVAL TRAINING & (60 minutes) YOGA FUSION

Low Intensity; Low impact

30 minutes of cardio and strength intervals to elevate your heartrate, burn fat and build muscle followed by a 30 minute yoga and meditation series to improve your balance and flexibility. Relax your mind and re-boot your spirit. Beginners welcome!

LIGHT SCULPT (60 minutes)

Low Intensity; Low impact

Using bands, dumbbells, body weight and barre, build your strength, tone your body and strengthen your core. Emphasis is on improving balance and mobility with low impact movements. No cardio work. Suitable for all ages and fitness levels. Mat work is included, participants must be comfortable getting to and from the floor. Beginners welcome.

MIX FIT (60 minutes)

Moderate Intensity; Moderate impact

A power-mix of cardio and strength training that will get your blood pumping and muscles working. A variety of cardio exercises combined with strength training including: steps, bikes, TRX, bosu, bands and weights - never the same class twice! Suitable for all fitness levels. Some mat work included - participants must be comfortable getting to and from floor.

NEW! POWER YOGA (60 minutes)

Moderate Intensity; Moderate impact

A challenging, intense workout utilizing dumbbells for upper and lower body training exercises while performing a series of power yoga poses. Holding poses for longer periods focuses on building a strong and engaged core while improving balance and range of motion. The perfect synergy between weight training and yoga!

RESTORATIVE YIN YOGA (60 minutes)

Low Intensity; No impact

A quieter yoga practice that uses predominately floor-based postures held for longer periods of time. Focus is on stretching and rehabilitating the connective tissues in your body that tend to shorten with age. Suitable for all levels of fitness. Props and modifications will be used allowing participants to work within their comfort zones.

SPIN EXPRESS (45 minutes)

High Intensity; Low impact

Join this high-intensity spin class 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!

Fitness Classes

(60 minutes) SPIN & SCULPT

High Intensity; Low impact

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

(60 minutes) SPIN & STRETCH

Moderate Intensity; Low impact

30 minutes of cardio intervals on the indoor bicycle followed by 30 minutes of dynamic stretches to help elongate your muscles, strengthen your core, and limber up!

(75 minutes) SPIN & YOGA

Moderate Intensity; Low impact

30 minutes of high intensity cardio spin to burn calories and get your heart pumping followed by 45 minutes of relaxing yoga poses to help stretch your muscles and strengthen your core.

(60 minutes) STRETCH & ROLL

Low Intensity; Low impact

Improve your flexibility, soothe sore muscles and prevent injury in this self-care class designed to loosen tight muscles. Focusing on: glutes, hamstrings, chest, back, calves & quads. Using a foam roller, your instructor will lead you through a series of exercises to help release muscular knots caused by muscle imbalance, over-use and injuries. Other stretching exercises will be incorporated to increase range of motion and mobility. Participants must be comfortable getting to and from the floor. Beginners welcome.

TOTAL BODY

(45 minutes) CONDITIONING EXPRESS (TBC)

High Intensity; Moderate impact

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

TOTAL BODY

RESISTANCE (TRX) EXPRESS (45 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 exercises 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.

NEW! YOGALATES (75 minutes)

Moderate Intensity; Low impact

Yoga and pilates fused together into a total toning class that will work your abs, waist, shoulders and arms while tightening your butt and thighs. Enjoy the gentle stretch of yoga and the core-building strength of pilates as you benefit from the mental practice and breathing exercises for whole body health. No previous experience needed. Beginners welcome.

ZUMBA FITNESS (60 minutes)

Moderate-High 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!

NEW! ZUMBA GOLD (45 minutes)

Low-Moderate Intensity; Moderate impact

This modified class recreates Zumba moves at a lower intensity. It is designed to meet the needs of older adults or those with physical and/or mental impairments that would benefit from a slower-paced class. No dance experience required, suitable for all fitness levels. Enjoy the zesty Latin music and move at your own pace!