

CLASS DESCRIPTIONS

STRENGTH & CONDITIONING

SHRED30	Start your day right with this efficient, high intensity, high impact muscle-blasting program! Learn the shredding secrets of bodybuilding pros as you simultaneously build muscle and burn fat using a variety of weightlifting techniques and calisthenics to push your limits and reach that next level of fitness!
P90X LIVE	P90X LIVE is a full-body, high-intensity, multi-faceted resistance and functional training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. Suitable for all fitness levels, this tried and true program is a truly results-driven method that yields consistent improvement over time!
POWER ZONE	Power Zone focuses on growing every individual in a supportive group setting. From the beginner to the elite athlete, you'll improve through personalized instruction of foundational strength and conditioning exercises. Similar to personal training but with the benefit of friends (and for free!)
POWER PILATES	An intermediate / advanced version of pilates that includes weight training, HIIT style, strength and conditioning focus!
BODY STRENGTH	This traditional weightlifting class will help you create a solid foundation for resistance training. Resistance training (also called strength training or weight training) uses different modalities of weights to resist muscular contraction and improve strength, anaerobic endurance, bone density, and size of skeletal muscles.
BOOTCAMP	Bootcamp provides aerobic, strength training and speed elements to improve overall health. The variety of calisthenics, drills, and multi joint exercises will challenge you while the group environment helps create a sense of team working towards a common goal!
HIIT	HIIT (high intensity interval training) involves performing exercises in a series of brief, high-intensity bursts separated by lower-intensity periods of recovery. These classes are designed to provide cardio benefits in a shorter duration.
CARDIO KICKBOXING	Kick and punch your way into wellness in this fun, invigorating cardiovascular class. Class moves can be modified for all levels to create a low impact environment.
STRETCH & ROLL	Foam Rolling is a self-myofascial release (SMR) stretch technique scientifically proven to correct muscle imbalances, improve joint range of motion, improve neuromuscular efficiency, improve tissue recovery and decrease the overall effects of stress on the human movement system. Combined with Functional Range Conditioning concepts, this class will "hurt so good"!
THERAPEUTIC MOBILITY	Open joints, release tension, improve functional movement, decrease pain and strengthen athletic performance! This class is a full-body "Stretch & Activate" workout designed to correct joint dysfunction and muscular imbalances that keep us from performing our best in the weight room, on the field, and in daily life!
Y-FIT4LIFE	This low intensity, low impact workout for 55+ focuses on functional strength, mobility, & stability. Improve bone density, anaerobic conditioning, energy, & balance while decreasing stress and anxiety, excess weight, blood pressure, & chance of disease.
WATER FITNESS	Make a splash! This low-impact workout done in our pool is ideal for those with joint problems, chronic pain, or injuries and helps to improve both strength and cardiovascular endurance.
LES MILLS®	BODYPUMP™ - THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast! BODYCOMBAT - A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness! BODYATTACK - The high energy fitness class with moves that get you fit for the sport of life!
SILVERSNEAKERS®	The classic SilverSneakers format workout includes fall prevention drills and exercises to improve strength and endurance with the use of a chair and handheld weights or tubing.
GLUTES & ABS	Using a variety of tools and exercises, you will build muscle and tone up in this challenging 30-minute speciality class designed to strengthen the core and glutes, decrease back pain, improve balance, and increase stability!

DANCE CARDIO

ZUMBA®	Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® classes are often called exercise in disguise.
ZUMBA GOLD®	Zumba Gold is for active older adults who are looking for a modified Zumba class at a lower intensity.
LABLAST FITNESS®	LaBlast® Fitness, created by Emmy-nominated choreographer & DWTS pro, Louis van Amstel, is a dance fitness program based on all of the ballroom dances you see on Dancing with the Stars. It is partner-free, includes all components of fitness, and uses music from every era & genre. "If you can clap it, you can dance it!"
STEP & BEGINNER / SENIOR STEP	With an adjustable step platform, this high-energy class helps increase endurance and body toning through active, choreographed cardiovascular exercises targeting different muscle groups. Step it up and down, over and around, to the sound of your favorite beats in this fast-paced session! BEGINNER / SENIOR STEP provides a low intensity, low impact version of this fun workout!
RHYTHM N MOTION	Break a sweat with this high intensity, fast-paced original choreography covering rhythms in latin, ballroom, hip-hop, & more!
XTREME HIP HOP®	This music-based program pairs step aerobics to classic hip hop for a unique club vibe while building strength and endurance!

MIND - BODY

YOGA	Various disciplines of yoga are offered including Power, Vinyasa, and Gentle.
PILATES	Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.
TAI CHI	Developed for self-defense, tai chi has evolved into a graceful form of exercise used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing postures and movements.
BARRE FUSION	Feel the burn! Blending Pilates, power yoga, and barre, this low impact, high intensity workout isolates deep muscles in the core, glutes, arms, and legs. Using a variety of apparatus such as the barre, bodybars, stability balls, and Bosu, your strength and endurance will be challenged in ways you didn't think possible!

SPECIALTY PROGRAMS (Fee-based) See our Wellness Director for more information!

PILATES REFORMER • JU JITSU • KARATE • USA WEIGHTLIFTING