

Class Descriptions

Aqua Zumba: Blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose.

Aqua Stretch & Strength: This class strengthens & stretches the large and small muscles of the body, together with the hydrostatic pressure of water improves balance and flexibility. The “no jumping” aspect of this class makes it suitable for those with musculoskeletal issues. Best exercise choice to Arthritics. All levels are welcome.

Body Sculpt: This total body weight bearing workout uses various types or resistance to strengthen every muscle group to maintain muscle mass and bone density.

Cardio Kickboxing: Get a great full body workout in this class! Between the kicks and punches you'll be working your whole body, burn tons of calories and have a great time (non-contact class),

Chair Yoga: Chair Yoga is an accessible form of yoga practiced sitting on a chair or standing using a chair for support. Chair Yoga is gentle on the joints, and builds strength and flexibility slowly, allowing your body to adapt gradually. You will increase your range of motion in all your joints as you build endurance and stamina. Chair Yoga can be done in sneakers or barefoot, with a yoga mat placed under the chair, which will be provided by the Y. Wear loose and comfortable clothing.

Core Fitness Training: Class centers around establishing and strengthening one's core body strength through traditional body movements which mirror our daily routines. The instructor provides a unique class work out which includes body mass movements, weight appropriate lifting, and cardiovascular exercises. All exercises are performed at varying intervals.

Cycle: It's your ride as you control the intensity of your full body workout in this group cycling class. Get motivated by your fellow riders, the instructor and the music for a workout your body won't forget! All levels are welcome.

Deep Water Aerobics: Come and join this water aerobics class that utilizes the resistance of the water to get your heart rate up and your muscles moving. We will alternate between different equipment, such as water weights, water noodles, and hand paddles. Each class will consist of a warmup, sets of repetitions followed by a recovery period, a cool down and stretch.

Essentrics: A dynamic, full body workout suitable for all fitness levels, that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body.

HIIT Express: A quick, 30-minute lunch time cardio and strength class that fits perfectly in the middle of the day!

LES MILLS Body Balance: A new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

LES MILLS Body Pump: A challenging original barbell class that strengthens and tones your entire body using a barbell, weights, a step, and a mat. *A maximum of 25 participants is limited based on equipment availability and enough safety space.

LES MILLS GRIT: An intense 30-minute team training session that will blast all major muscle groups and take your training to the next level using weight plates and the bench!

LES MILLS Core: It is a 30-minute scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core. Each workout features a mix of proven core exercises and new integrated core training innovations.

Line Dance: It involves synchronized movements done in unison to choreographed steps. Dancers line up in rows facing in the same direction (though it can also be done facing each other). Each movement (whether it's a step, hip movement or a wobble) is timed to the music. All levels are welcome.

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Stability & Balance: A slow paced, gentle movements class using chair and wall. Combine gentle short form Yang style Tai Chi, Qi'Gong, chair yoga to improve functional strength, stability, flexibility and balance. It helps with arthritis and fall prevention, increases vitality energy level. All levels are welcome.

Pilates: Pilates is a system of strengthening and stretching exercises designed to increase body awareness, develop muscular strength, endurance, and flexibility. Also promotes muscular balance, improved posture and graceful movement. All welcome.

Qi'Gong & Tai'Chi: This practice combines eight forms Qi'Gong and eight forms Yang style Taichi. Slow and short meditation movements, easy to follow. This special sequence practice helps to improve and balance energy flow, very helpful for fall prevention and Arthritics prevention. All levels are welcome.

Slow Flow Yoga: Revitalize and calm your mind and body through self-regulation and balance. This is a slow vinyasa yoga class designed to support individuals in cultivating strength, balance, and calm through movement, breathing techniques, and a short relaxation practice at the end. All levels are welcome!

Shallow Water Aerobics: This is a low-impact water class designed to provide cardiovascular conditioning, improved muscle tone, and improved balance. The class will utilize different equipment for a fun challenge. It is a total body workout without the stress of land-based exercise. Non-swimmers welcome!

Step: This class will give your heart, body, and mind a workout with easy-to-follow low or high impact choreography that keeps you interested and challenged. Both novice and experienced steppers are encouraged to attend.

Tai Chi (Yang style 24 forms): It's Yang style with 24 forms Tai'Chi. This practice leads to better balance, posture and mental focus by creating a calm and clear mind. Additional benefits include an increase in muscle tone, strength, and flexibility, making functional day-to-day activities easier and more enjoyable.

Yin Yoga: Yin Yoga is a passive (not aerobic) practice which complements more active pursuits such as vinyasa flow yoga, or yoga 3. The slow pace allows us to return to our bodies in a reflective and gratitude-filled practice. Poses are held for 3-5 minutes to help the dense connective tissue of the joints and fascia release. All levels.

Yoga for All Levels: This class focuses on gentle movements, proper breathing, strength, balance, and flexibility, while establishing basic yoga principles. Participants who want a slower pace with low intensity are encouraged to attend. All levels are welcome.

Vinyasa Yoga: Taking it to the next level, we encourage those who are advanced in their practice to try this class. Participants looking for a dynamic class with creative sequences are encouraged to attend. Poses are more advanced and have an increased complexity in flow sequences.

Zumba: It's an exhilarating, effective, easy-to-follow, Latin-international inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Zumba Toning: It is a Zumba modality that focuses on strength training the arms, core and lower body. The challenge of adding resistance by using lightweight maraca-like Toning Sticks or dumbbells helps you focus on specific muscle groups and stay engaged. All levels are welcome.