

CARDIO CLASSES

CARDIO CORE	First half of class is cardio with a variety of formats and equipment. The second half is all core based exercises which could include standing, Pilates, and yoga.
ATHLETIC CONDITIONING	This challenging strength, cardio and plyometric conditioning class uses a variety of equipment to build a strong base and help you progress as an athlete with improved power and speed.
CARDIO STRENGTH / CARDIO STRENGTH LITE	This class will raise your heart rate for the first portion of the class while toning and strengthening your muscles during the second part. A great combination for an efficient work out!
CIRCUITS	Moving from station to station be ready to fatigue your muscles and get your heart rate up in this quick paced circuit style class.
POWER INTERVALS	Varying timed interval times of :30 – 1:00 per movement, using resistance equipment and bodyweight exercises will get your heart rate high and low. Intensity will vary in segments allowing exercising longer and at more
STRENGTH/CARDIO/CORE	This total body workout combines cardio movements and resistance training to get your heart rate up and keep your muscles challenged.
HI-LO CARDIO STRENGTH	This class will include timed intervals of strength and cardio with high and low impact options.
HI-LO INTERVALS	Timed intervals of:30-1:00 per movement using resistance equipment and bodyweight exercises. Intensity will vary with high and low impact options.

STRENGTH TRAINING CLASSES

BOOTCAMP	Boot camp is a dynamic and intense workout that combines elements of military-style training, high-intensity interval training (HIIT), and functional exercises. These classes are designed to provide a total body workout. that challenges participants both mentally and physically
STRENGTH CONDITIONING	This resistance training program alternates between dedicated upper and lower body sessions to maximize strength development. Each class incorporates low-impact movements and progressive overload principles to ensure consistent gains in strength, muscular endurance, and overall fitness.
STRENGTH ENDURANCE	In this weight training class you will develop muscular strength and endurance while using a variety of resistance equipment.
STRENGTH ‘N CORE	This class focuses on full body strength training and core strength. Heavier weights and lower reps allow you to concentrate on each exercise resulting in muscle & strength gains.
TRX45	This class uses the TRX Suspension Trainer to perform strength exercises, targeting large and small muscle groups. TRX Strength is the ideal way to strengthen and tone, while focusing on functional movement and core stabilization. Adaptable and appropriate for any TRX user.

DANCE/RHYTHM

LINE DANCING/LINE UP AND ZUMBA	Dust off your dancing shoes and put a smile on your face with this low impact cardio workout. Improve cognitive function by memorizing dance patterns while moving your body. Line up and Zumba is a combination of the two.
ZUMBA/ ZUMBA LITE/ ZUMBA TONING	Zumba combines high energy and motivating music with dance moves from salsa, tango, flamenco and other international dance styles.

BARRE

BARRE FUSION	Barre Fusion blends the philosophy and techniques of ballet, barre work, Pilates, isometric training and yoga.
BARRE/CORE/STRENGTH	Combining Barre, core and strength movements with an emphasis on building core strength. High rep, low impact movements.

WATER CLASSES

AQUATICS AEROBICS	Enjoy a low impact aerobic workout to improve your cardiovascular condition and endurance using a variety of formats in shallow or deep water. All fitness levels will be challenged.
AQUA CIRCUITS	Full body conditioning that involves endurance and resistance training, high intensity aerobics, and other exercises performed in a circuit style rotation. Options available for those uncomfortable with deep water exercise.
WATER MUSCLE STRENGTHENING	Increase your muscle strength, endurance, and core stability using water resistance and a variety of aquatic fitness equipment. This class can be taken in shallow or deep water.
AQUA YOGA	Increase flexibility, strengthen and tone muscles while improving balance and supporting the mind/body connection.
AQUA ZUMBA	Perform all of your favorite Zumba exercises in the water.
BALANCE, WALK, STRETCH	Improve your functional performance and confidence in fall prevention. The heated water and hydrostatic pressure promote muscle relaxation and stress relief as various walking movements are executed utilizing a variety of equipment to improve muscle strength, joint flexibility, core, and balance.
DEEP WATER RUNNING	A perfect cross training that will offer a high intensity cardiovascular workout while giving your joints a break.
WATER CARDIO	This cardio based aqua class in the deep and shallow water will focus on speed, distance, and core work to get your heart rate up.
WARM WATER CORE CHALLENGE	This challenging class will tone, tighten, and sculpt your core. A strong core improves everyday movement patterns, stability, and balance, and lessens wear and tear on the back. All fitness levels will benefit from this training in the warm water pool.
WARM WATER DANCE	Have a blast while dancing, tone muscles, work core, improve range of motion. Noodles and weights are incorporated with choreographed moves for better strength, health and vitality. Sing along!

CYCLE

CYCLE	This challenging cardiovascular workout will guide you through a variety of terrains and speed work as you build muscular endurance.
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BOX ‘N BURN

BOX ‘N BURN	This boxing and training class challenges you with bag work, 1-on-1 mitt work, and functional fitness exercises. This perfect combination will help with weight and fat loss, increase muscle and overall strength, boost confidence, relieve stress, and improve focus.
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RECOVERY/LOW IMPACT

BALANCE STRENGTH AND STRETCH	Strengthen and lengthen your body to increase your agility, vitality and confidence in fall prevention. Use a variety of equipment to build muscle strength, core and balance. The last 15 minutes will focus on longer timed stretching to improve flexibility and range of motion.
QIGONG	Designed to cultivate inner peace, enhance vitality, and promote overall well-being. This class focuses on the gentle, flowing movements and breathwork that define Qigong, helping participants to connect mind, body, and spirit.
TAI CHI	Tai Chi is a gentle, flowing movement practice that builds strength, balance and calm. Movements are slow and continuous, coordinated with deep breathing to reduce stress and improve body awareness.
CARDIO STRENGTH LITE	This class will raise your heart rate for the first portion of the class while toning and strengthening your muscles during the second part. A great combination for an efficient work out!
STRENGTH ENDURANCE LITE	In this weight training class you will develop muscular strength and endurance while using a variety of resistance equipment.
CLASSES THAT ARE LIGHT GREEN ARE SUITABLE FOR ANY HEALTH CONDITION.	