

Group Fitness Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced than others but this does not preclude a beginner from attending. Please notify the instructor before starting class to let them know if you are a first time student or beginner.

C.S.I. - Cardio-Strength-Intervals. All level, extreme 60 minute class that combines plyometric high-intensity intervals and strength training to challenge your whole body. Bring it!

Step - 60 minutes of step followed by 30 minutes of sculpt. This is a straightforward serious workout that is guaranteed to give you the results you want.

Boot Camp - An effective, time-efficient workout blast for the time-starved participant. This workout builds lean fat burning muscle and torches calories with big multipurpose moves that work every inch of your body.

Zumba – This class contains a full array of Latin and exotic music flavors. The aerobic interval training method used combines fast and slow rhythms providing a large caloric expenditure and leaves you energized. You do not have to know how to dance to ZUMBA!!!

Bosu Cardio - Make use of every core muscle you have while utilizing the bosu for a total body cardio core workout hour.

30 min Core – 30 minutes to work that core with weights, mat work and multiple different types of equipment.

Glute'n Core - 45 minutes to work all the squats lunges and crunches you can!

TRX Intervals - All level, high intensity, interval training class using the suspension trainer. Challenge yourself both on and off the straps in this total body workout.

eLIGNABAR®– A fundamental core strength and stability class using the light-weight eLIGNABAR® that assists your posture into correct spinal alignment while targeting those core muscles to achieve overall conditioning.

Yoga – our instructors teach a variety of levels of flow; both hatha and vinyasa. Classes vary in difficulty. Please let the instructor know if you are new.

Yoga Funk - Enjoy your power yoga while cranking the music leaving you invigorated to take on any day.

Bro-yog - yoga geared toward guys, bros, and dudes but all are welcome.

Gentle Yoga – A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

Power Yoga – Yoga postures that strengthen overall balance, core, flexibility, and focus. All postures connected with the importance of breath and mindfulness.

Yogilates- Connect your favorite pilates moves through yogaesce sequence and breath.

Pilates - Pilates improves your core strength, strengthens and lengthens the entire body, improves posture, balance, coordination and mind/body awareness.

Barre Tone- A unique workout using the standard ballet barre along with various other fitness equipment.

PainFree Posture - Using the **egoscue method** put your body into correct postural alignment through a series (menu) of exercises which will improve function, reduce compensations and return your body to its original functional blueprint.

Stretch & Movement - . Learn to stop the emotional chain reactions of stress, tension, fear and panic uncovering your own internal power, speed, and endurance, thus healing and restoring your body to a more youthful working state through breathwork and stretching.

Feldenkrais - This simple effortless movement class will free you from pain, increase your flexibility and mobility . The Feldenkrais Method brings you to a level of awareness where you LEARN where you are holding or creating effort, and how to let go.

Systema - Russian Systema is an all-encompassing, practical martial art that is without specific form or tactics. The practice emphasizes natural movement via breath and is conducted in a very safe manner making Systema suitable for anyone.

Tai Chi - Chi Gong - A smooth, flowing type of exercise which develops a greater sense of balance both physically and mentally.

Spinning – A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite. Different workouts include all terrain, strength, endurance and speed techniques.

Cross Training– Join our certified personal trainers for this intense one hour class. You will get a thorough workout using both weight training and cardio training. It's also a great way to become familiar with the Fitness Center.

Stretch - Enjoy 30 minutes for a much needed stretch.

Adv. Ballet Drop in (additional fee required): Includes barre, center floor, and movement across the floor.

Masters Swim – An hour coached swim workout catering to all levels. Workouts are designed to help with aerobic conditioning, being especially helpful to triathletes and masters swimmers.

Aquafit / Zumba - Low impact strength and cardio while enjoyig the pool and sunshine.