

CLASS DESCRIPTIONS

For current days and times for these classes, check the Program Brochure. (Note: not all classes will be listed in the current program brochure)

Cardio Circuit This results-oriented class will burn fat and simultaneously tone the entire body zooming in on the trouble zones. Burn and firm with bursts of cardio and strength training throughout. All equipment provided. Designed to be fun, high energy, and a real calorie burning class.

HIIT High Intensity Interval Training - alternating short periods of intense anaerobic exercise with less-intense recovery periods. Speed up your metabolism and burn more calories. Serious reduction in total body fat. Improve your energy and endurance and reap the benefits long after your workout ends.

Indoor Cycling A 60-minute all-levels class. This ride has something for everyone with a mix of flat roads and hills combined with energy zone training (intervals, endurance, strength, speed and recovery), perceived exertion and/or heart rate training to maximize each rider's personal goals. Pedal to the beat of the music and find inspiration to fuel your power within. Bring water and a towel. Heart-rate monitor optional.

Indoor Cycling for Beginners: A 30-minute introductory class. Overview of proper bike setup, understanding resistance, cadence, rate of perceived exertion and basic cycling movements. Get lost in the rhythm of the music and build your aerobic efficiency as well as improve your strength and endurance in this beginner ride. Bring water and a towel.

Pilates: A consistent Pilates practice can offer benefits for every BODY. Whether you're an experienced athlete looking to step up your training or you're simply looking to start a new fitness routine, Pilates creates a strong foundation of balance, strength, mobility and flexibility. This is a good place to start! We'll teach you the fundamentals of the principles of Pilates. Breath work and core stabilization will be emphasized.

SilverSneakers BOOM Muscle: This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

SilverSneakers BOOM Mind: The best from yoga and pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower body strength and balance.

SilverSneakers Classic: Increase muscle strength and range of movement and improve activities for daily living. You will have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers EnterChi: is an intermediate class that uses modified tai chi movements in a slow, flowing sequence to improve balance

SilverSneakers Meditation: class designed to relax your body and mind.

SilverSneakers Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Tai Chi Tai Chi is a slow, gentle range of motion activity that can be done standing or sitting to help increase balance, flexibility, and boost brain activity and the immune system. No additional equipment needed. Sign up today!

Total Interval Training This intense fast paced class moves from upper to lower body exercises intermixed with intervals of cardio and complete core work. Expect to be challenged. Equipment varies weekly. Class level: intermediate to advanced. Modifications will be shown.

Women on Weights No-nonsense class will target those trouble zones for Women! This class is ideal for metabolism boosting. All equipment provided and held in the aerobics room.

Yoga Do something special for yourself with this mental relaxation Yoga class. Unwind with gentle stretches and restorative breathing while learning relaxation techniques that will help you through the week. Create balance in your life and body through the development of strength, flexibility and posture. De-stress your mind and body during this 45 minute class - you owe it to yourself! Please wear comfortable clothing. Yoga mats provided.

Zumba® features aerobic and interval training combined with easy to follow dance moves. This Latin inspired dance fitness class uses a variety of routines to sculpt and tone the entire body. You will burn serious fat and calories in class. Exercise doesn't have to feel like work, so let's get dancing!

