



**\*Barre None** Fusion of ballet, Pilates and Yoga. Lengthen and tone using hand weights, small ball and body weight. Focus is on alignment, posture and core strength.

**\*\*Boot Camp** In this time efficient class of strength, cardio, muscle endurance, core, and functional fitness patterns, you will get everything you need.

**#Interval 45** A fun, fast-paced 45 minute class of cardio intervals interspersed with lower and upper body strengthening and core stability exercises. This class can be adapted for any fitness level. Hard Core class immediately follows.

**\*Butts and Guts** focus on core strength. Pilates and yoga-based moves, along with traditional abdominal exercises, to get needed results.

**\*Complete Core** 30 minute class with a focus on core strength utilizing body weight, free weights and bands.

**\*\*Cross Fun** One minute rotations through a variety of stations to develop strength and endurance.

**\*Hard Core** Great compliment to your cycle class. Come right in for this 15 minute workout for the center of the body to strengthen you midsection.

**\*#It's a HIIT** This is High Intensity Interval Training at its best! Build strength and stamina in this 45 minute class that alternates between anaerobic and aerobic activity.

**#Kickboxing** High Energy cardio-kickboxing is followed by weights and abdominal work. Kick, punch and tone your way to a stronger you!

**\*Les Mills Body Pump®** is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**\*Les Mills Body Pump 30®** original barbell class that shapes, tones, and strengthens your entire body. This 30-minute addictive workout challenges all of your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls.

**\*Les Mills CXWORX®** this is a revolutionary core training program.

**\*Pilates** Strengthen and lengthen core muscles through controlled movement and breath. Improve balance, flexibility and body awareness. Bring a towel.

**SilverSneakers® Circuit** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with had-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**\*SilverSneakers® Classic** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**#Step Interval** a great workout for the entire body! Step routines with intervals for toning to target all muscle groups.

**\*\*Step/Stretch** This class combines the benefits of step for 40 minutes with a full body stretch and strengthening for 20 minutes.

**\*Strength Training** 30 minutes of strengthening and toning. Dumbbells, stability balls and tubes are used.

**\*\*Tabata** Fun, high intensity interval training that will get your cardio vascular system going and burn fat .The training involves performing a particular exercise at a high intensity for 20 seconds followed by 10 seconds of rest. This repeats 8 times for a total of 4 minutes at 8 different stations.

**Tae Kwon Do/Self Defense** Basic/Intermediate level class. Advanced class meets immediately after the Basics/Intermediate class. Please check the program guide for dates and pricing.

**TRX Training**-This is a 6 week fee based class. Build Strength, flexibility, and endurance while utilizing gravity and your body weight. Class size is limited to 6. Please check the program guide for pricing and dates.

**\*Yoga** Strengthen and lengthen core muscles through controlled movement and breath. Improve balance, flexibility and body awareness.

**\*Yo-Chi** This class takes the breathing and relaxation techniques of Tai-Chi and combines them with the more dynamic flowing movement of Yoga. Class concludes with seated meditation.

**#ZUMBA®** Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

**#ZUMBA GOLD®** Zumba® Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart.

**# indicates cardio class**

**\* indicates strength class**