

AFAP (Arthritis Foundation Aquatic Program)

This is a water exercise program designed for people with arthritis and related conditions.

AFEP (Arthritis Foundation Exercise Program)

Gentle activities to help increase joint flexibility and range of motion. With the guidance of a certified Arthritis Foundation instructor, you will learn exercises to maintain muscle strength and increase overall stamina.

Boomer Cycling

The pace will be less intense than a regular cycling class, but you'll still get a good workout. Ride to a mix of Baby Boomer "50s," "60s," and "70s" music. Sing along to the oldies, but keep on pedaling.

Cardio Boot Camp

In this power packed class, complex choreography is replaced with skills, drills, circuits, and intervals. This class will push you beyond your normal fitness level and give you the extra challenge you may need to boost your exercise program. A total body workout that combines cardio, agility, strength, and endurance.

Cardio Kickboxing

A non-stop choreographed routine of kicks and punches for incredible aerobic conditioning.

Cardio Sculpt Party

This class keeps you on your toes as the instructor chooses the day's cardio workout and then mixes it up with strength training using weights. Cardio options will be kickboxing, step, or low impact/dance aerobics.

Dance Aerobics

Burn calories while becoming a dancer! Learn various types of dances. You will get a complete workout including lightly choreographed, low-impact cardiovascular conditioning along with dancer stretches.

Group Training Session (GTS)

Moving out of the aerobics studio and into our own personal training mezzanine, you will get a great circuit workout hitting the whole body while learning the weight training machines at the same time. It's small group personal training at its best!

Hatha Yoga

Focus on postures (i.e. forward bends, backward bends), proper breathing, and relaxation. Appropriate for all levels. Participants are encouraged to bring their own yoga mats and water bottles.

***Hydropower**

Challenge your body's system with an intense, yet low impact routine. Fun and versatile variety including kickboxing, circuit training, and sports specific drills performed in the pool.

****Indoor Cycling**

A 45-minute stationary cycle workout set to music, which focuses on endurance and interval training.

Inner Strength

Incorporates the teachings of Joseph Pilates. Helps increase strength and range of motion, building long, lean muscles. Class uses light weights.

J.C.C. - Jacks, Curls, Crunches

High energy, total body workout. Cardiovascular exercises and strength training to boost your metabolism.

Low Impact Aerobics

Cardio workout with low impact movements, which can be modified to increase intensity and reduce impact.

Pilates Mat

Pilates mat moves plus light weights, Pilates circles, and resistance bands!

Posture Fit

Become healthy-body aware through instruction in postural awareness/correction, neutral spine, and building a related exercise program.

Pure Stretch

This is your chance to elongate and relax your tight muscles. Total body workout appropriate for every body.

Quick Fix Abs

This quick 15 minute intense ab workout is all you'll need to help you achieve that six pack. Learn proper form when working your abdominals.

Raising the Bar

Tone your whole body using this great piece of group fitness equipment, the Body Bar.

Step/Step-n-Sculpt

Choreography on an adjustable platform with movements on and around a step bench. Step interval class includes spurts of strength training or aerobics between step routines. Abdominal work too.

Step-n-Abs

A straight up Step Aerobics class with an intense Abdominal workout added in at the end.

Strength & Stretch

This class combines strength training with flexibility training using bands, body bars, and weights. The class then winds down to the floor for matwork focusing on stretching, breathing, and relaxation techniques.

Sweat and Sculpt

This low AND high impact class builds your cardiovascular system with aerobic patterns. Progression and timing are key, as you work through each pattern combining upper and lower body movements while achieving aerobic conditioning. Light weights will be used to tone muscles and encourage good fitness body alignment. Bring your energy !

***Tae Kwon Do**

Tae Kwon Do is the study of kicks and punches. This martial art is strong, fast, and powerful. Traditionally taught, this discipline utilizes non-contact sparring to underscore safety and non-violence.

Tai Chi

This ancient Chinese form of stress management calms the mind and relaxes the body with slow, gentle movements. Open to all levels.

T.G.I.F.

Glad it's Friday and Glad you made it to the gym. Try this moderate intensity class with intervals of cardio moves like Step and Jump Rope with added resistance training.

Total Body Blast

Use weights and bands to tone and shape. Upper and lower body exercises for strength and definition.

Upper Cuts & Abs

This upper body sculpting routine incorporates a variety of techniques including strength training and muscle toning...and with abs thrown in at the end, you've got a complete upper body workout!

Water Workout

A total body workout designed to increase energy, stamina, and improve circulation. Low-impact and loaded with fun!

Yoga

Focus on breathing, alignment, and cultivating awareness to strengthen body, mind, and spirit. Open to all levels and interests. Participants are encouraged to bring their own yoga mats and water bottles.

Yogilates

A balanced blend of Yoga and Pilates designed to improve posture, flexibility, and core strength.

Zumba

A fusion of Latin Dances (Salsa, Merengue, Samba) just to name a few all mixed into a HOT Cardio workout!