

Group Exercise Class Descriptions

HIIT/Body Sculpt	High Intensity Interval Training-Intense cardio with sculpting using various equipment, concentrating on core, abdominals, back and hips.
Classic Aerobics	It's all about Back To Basics with this class. Remember low impact...grapevines, Hustle steps, and pivot turns? Here they are again. Aerobics, strength, and stretch.
Core, Strength, Cardio	This workout includes weight and strength training alternated with cardio segments. Class will finish with floor work and stretching.
Gentle Cardio Strength	For those starting to get into a regular exercise routine. Low impact cardio moves, then seated light weights to develop muscle tone. A bit more challenging than Sit /Fit.
Hydro Challenge	Most challenging of our aqua classes. Designed for swimmers/non-swimmers to burn calories, improve flexibility, balance & posture. Cardio and resistance moves - easy on the joints. Bring water weights.
Pilates BLAST	Emphasis on Pilates core training with added Balance, Lengthening, Aerobics, Strength and Toning
Strength & Stability	A custom class for overall strength, stability, balance and confidence in a challenging and fun session. Chairs available for support if needed.
Sit & Fit	Seated stretch, strength and cardio using balls, bands & weights. Ideal for those new to exercise or with limited movement.
Tai Chi (Essentials)	Basic exercises for balance and breathing. Helps move energy throughout the body.
Tai Chi (Yang Style)	Gentle flowing movements to improve balance, digestion, sleep, circulation and more. Class will cover first 1/3 of the 36 postures.
Total Body Conditioning	Muscle toning workout featuring a creative combination of strength training movements, balance and stretching.
20 - 20 - 20	CORE, STRENGTH and FLEXIBILITY for 20 minutes each. Use of hand weights, kettlebells, medicine and stability balls to target zones. Floor work and standing exercise to achieve tight abs, muscle definition and full range of motion.
Yin Yoga	Class includes gentle poses, helps to relax the mind, very meditative. The body will be held in postures which pressurizes specific tissues.
Yoga	Emphasizes Sun salutations and flow sequences. Links breath and movement to energize mind, body & spirit. Class will finish with sustained poses and relaxation.
Yoga/Meditation (Begin)	Relaxation, stretching, breathing and meditation...all in one, for the beginner.
Zumba	Latin inspired dance/fitness class that tones the entire body.