

GROUP FITNESS CLASS DESCRIPTIONS

Classes are for all fitness levels.

BODY BLAST This class is an Interval Workout designed to work your whole body. Low impact but high intensity with options for beginner to advanced allowing you to be continuously challenged.

BODYPUMP The original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups. Great music and your choice of weight inspire you to get the results you came for – and fast! All Fitness levels welcome!

BOOT CAMP The ultimate in total body conditioning, a typical class combines short drills and circuits. This class also includes basic strength and toning exercises such as pushups, dips, squats and lunges.

ETREME LEAN This class offers “core” strengthening moves and interval training alternating body sculpting moves and aerobic exercises. The ultimate body-shaping, fat-burning, and strength training class! A combination of moves that will use major muscle groups. You can take this class to your **extreme**; offering beginning modifications and advance options. All fitness levels welcome!

HIT IT! ABS This 30 minute hard “core” abs class will work every angle of your center and it is for all fitness levels.

HIIT High Intensity Interval Training. This total body workout will take your strength and endurance to the next level. Improve definition and tone with short repeated bursts of challenging cardio and weight training exercises combined with a short break...only to do it all over again!

INSANITY This class will push you past your limits! It’s packed with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. No equipment or weights needed. Just the will to get the hardest body you’ve ever had.

KICKBOX STEP (KBS) Kickbox & Step - Energetic heart pumping workout consisting of cardio step, and elements of kickboxing (upper & lower body movements). All fitness levels are welcome!

KICK BOXING POWER HOUR Shred calories and firm up as you raise your heart rate in this head to toe class. Alternate between upper body punching moves, lower body kicking, toning moves, and cardio burst exercises! 45 minutes of a fat blasting workout followed by a 15 minutes full body stretch.

KIDS FITNESS A class just for kids ages 2 -5. This class will get your kids moving! They will learn their way to fitness through games and drills. Parents may enjoy their workout while knowing their child is also having fun through exercise!

LOWER BODY BURN Are you up to the challenge? Lower Body Burn combines cardio power moves, plyometric, and body weight strength movements all to increase endurance and make you stronger. You’ll leave this class knowing you made the most of your hour.

PILATES This class offers “core” strengthening moves in a yoga-type format and should be taken by anyone interested in increasing their fitness skills. This class was designed to build strength, lengthen muscles, and prevent injuries! All fitness levels are encouraged!

PIYO This unique format combines Pilates, Yoga Strength conditioning, flexibility and dynamic balance. PIYO is an up temp, in spiritual approach to mind body exercise. PIYO offers beginning modifications and advanced options to suit all participants.

POWER CORE Come try this core blasting circuit workout designed to strengthen and tone your core. All stations can be modified for everyone from beginner to the most advanced athlete! 30 minutes of work followed by 15 minutes of full body stretching.

TREAD -N- SHED Need to put a little pep in your step??? This 45 minutes group fitness class is just what you have been waiting for! Power walk, jog, run, sprint, and climb hills in this treadmill training class. Take your walking/running program to the next level or start it with the guidance of an experienced instructor to motivate you. All fitness levels welcome!

TOTAL BODY BOOTCAMP an awesome strength training class that will focus on upper, lower and abs all in one class. Each class is different and you will get a total body workout. All fitness levels welcome.

UPPERS & ABS This 30 minute class focuses on sculpting, toning and conditioning the upper body to the core! A series of athletic abdominal exercises set in an interval format will be performed. If you want to work your core to the MAX check out this class. All fitness levels welcome.

ULTIMATE ABS Are you ready to work the core like you never have before? This 30 minute class will work every angle of your center and target those areas to give you a “six pack” in no time. 30 minutes is all you need. All fitness levels welcome!

YOGA Create balance and physical awareness through increased strength and flexibility. A series of traditional Yoga poses will be performed in a calm and relaxing atmosphere. If you are looking for a low impact work out that will leave you refreshed, don’t hesitate to try this class! All of the Yoga classes offer beginning modifications and advanced options to suit all participants.

ZUMBA Are you ready to party yourself into shape? That’s exactly what the Zumba® program is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that’s moving millions of people toward joy and health. Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. All fitness levels are welcome!