

Class Descriptions

Boot Camp AM – 75 minute cross training workout designed to add challenge as well as variety to your fitness program. Complete a full body workout with the use of weights, bands and exercubes.

Boot Camp PM – Challenging full body workout with lots of variety. The evening class also has a weight loss component to it. Members keep food logs, weigh in weekly and receive additional support in meeting their goals.

Crosstraining – Please see the front desk or the bulletin board outside the studio for class schedule. Variety is the name of the game for the Crosstraining class!

Crosstraining Cardio/Strength – Keep your heart rate up by mixing cardio intervals in with your strength training. Interval training is one of the best ways to burn fat and tone up your body!

Cycling – Challenging 60 minute stationery cycling workout set to music. The instructor will take you on a virtual route over hills, fast flats and hill jumps.

Cycling Crosstraining – Toning and cycling combined for a challenging 60 minute workout!

Easy Does It – Low impact, gentler aerobics class combining cardio, toning and flexibility training.

Express Class Core – This 15 minute class will work your core from every angle. Core strengthening will not only whittle your waist, but also help prevent injuries.

Kickboxing High energy cardio class uses jabs, kicks and punches to rev up your fitness routine.

Lo Impact Floor Aerobics – Old school cardio at its best! Grapevine, step-tap and hustle off the calories in this one hour class that combines cardio, toning and stretching.

Pilates – Build core abdominal and back strength, increase flexibility. Mats, foam rollers, Pilates rings and resistance tubing are used in this mat based Pilates class.

Silver Sneakers – This class is designed to increase muscular strength and range of movement to help with activities of daily living. Handheld weights, resistance tubing, balls and chairs are used.

Step Aerobics – An energizing, challenging aerobic workout using an aerobic step. Aerobic section is followed by light toning and stretching.

Stretch Class – A challenging, yet totally relaxing, exploration into the body's ability to stretch.

Target Workout – Glutes & Legs – Shrink, sculpt & tone your lower half.

Total Body – Stability Ball – Increase strength, flexibility, balance and coordination through the use of a stability ball, weights and bands.

Yoga – Learn the basics of yoga as you gently flow from one pose to the next. Build strength and flexibility in a calm, nurturing environment.