

Group Fitness Class Descriptions

(Classes are an hour in length unless otherwise noted)

Balls of Fun: Have a blast toning and strengthening all major muscles of the body using a stability ball from warm up to cool down.

Burn n Firm: Designed for total body conditioning, this class will torch calories and shred fat as you tone and strengthen. If it's not burnin', it's not workin'!

Cardio & Core: This class consists of blends of cardiovascular exercise to assist with fat burning and core training that will strengthen abdominal and back muscles. A variety of cardio such as step, Hi/Lo, interval training, and cardio kick will be used to keep you on your toes.

Core & More: This class primarily targets the core muscles, but different exercises are added to target other areas as well for a surprise workout each week!

Cardio Kickbox: This is an incredibly aerobic, fat torching 30 minute work out! Relieve stress while you kick and punch your way to a healthier, leaner you!

Circuit Training: Circuit Training has been found to burn more calories, before and after the work out, than any other style of exercise. Join in for a quick paced, 30 minute fat blasting class that combines short bursts of cardio with strength training exercises for all major muscle groups.

Drums: Cardio with a twist! Using "drums" and drumsticks, slight choreography, and a lot of fun.....experience a class that is off the "beat"en path. Have a "ball" revving' up your heart rate and smiling while you sweat! This is a unique cardio class!

Double Step: This class coordinates movements between 2 steps for an interesting twist on traditional step aerobics!

Fab Abs: This 30 minute class is designed to tone and strengthen the muscles of the abdominals and back. These muscles should both be strengthened and stretched to keep the spine in proper alignment, therefore reducing the risk of injury during other daily activities.

HIIT: High Intensity Interval Training, one of the newest fitness crazes! Enjoy a class that includes total body toning and an excellent cardiovascular workout. This type of training has been shown to burn the more calories before and after the workout than any other style.

Line Dancing: Aerobic workout based on popular line dances set to a fun blend of music including country and pop.

Lo-Impact Aerobics: Designed to improve cardiovascular fitness and burn calories while minimizing impact and stress on joints, this class includes a warm up, approx 30 minutes of moderate to high intensity basic low impact aerobic patterns, muscle endurance exercises, and a stretch for all major muscle groups.

Rock Bottom: Burn calories and tone your lower body in 30 minutes! This class will focus on a notorious problem spot for women, the bottom!

Step Interval: Basic step patterns are combined with toning exercises for a calorie torching class!

Sunrise Sweat: Unique blend of cardio and toning exercises to get your day started off right!

Triple S: Strength, Stability, and Stretch! Toning and balance exercises (including core work) and a full body stretch.

Walk the Walk: We will use very basic lo impact patterns (no choreography!) to "walk" 2 miles in 30 minutes. Toning exercises for the upper body are added toward the end of the walk. This class easily accommodates all levels of fitness. You are in control of how hard you want to work!

Yoga: We will use a sequence of gentle postures, with an emphasis on strengthening core muscle groups, while incorporating the breath with each movement. This class improves flexibility while reducing tension and stress encountered in daily living. All participants are encouraged to work at their own pace. Modifications are demonstrated to suit individual needs.

Yogalates: A fusion of techniques from yoga & Pilates, incorporating various traditional stretched and toning exercises. This class emphasizes mindfulness, attention to form, and incorporating the breath with the movement. Strength and flexibility in a relaxed atmosphere, you will leave this class feeling empowered and centered, yet rejuvenated and "de-stressed"

Zumba: Forget the workout! Join the party! A fuse of Latin rhythms and easy to follow dance moves for a dynamic cardio class with Latin flava! This class will tone and strengthen your body as you burn fat.