

Participating in a Group Fitness class is one of the best ways to have fun while working out. Not only will Group Fitness classes keep you motivated, they will allow you to determine exactly how hard you want to workout. The IAC has created a solid foundation of fun, modern and traditional workout classes with certified class instructors so we can assure members that they are receiving the best instruction and experience possible.

Strength and Cardio Classes

AAA: 30 minute class designed to target the abdominal muscles. Great for a before or after workout!

Boot Camp: High Energy and High Intensity! Using an obstacle course expect lots of running, jumping, lunging, sprinting, and squatting. A class for all fitness levels. Sports based moves and drills to challenge any fitness level. Strength and endurance all in one class.

Chiseled: A workout that challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast.

Cycling: This class is great for cross training - high energy but each participant can choose the level they want to ride. A great cardio and great leg workout. Cycle in a group setting. Instructor will teach you safe and proper techniques to maximize your workout. No experience necessary any fitness level welcomed. Please bring water bottle and towel to class. Class reservation recommended at the front desk.

FIT4ALL: For the active older adult, those recovering from injury or illness, or those brand new to fitness. This class places special focus on balance, endurance training and flexibility. Low-impact, cardio workout accompanied by standing and seated exercises to improve stamina, strength, balance, posture, agility and coordination. Chair exercises may be incorporated, as will light weights, resistance tubing and stability ball. Suitable for any participant and/or anyone with limited strength, flexibility balance, mobility and endurance.

Hi Energy Cardio: An energized fast paced workout recommended for those who like floor aerobics.

Kick it up Cardio: The fitness craze that will burn fat and calories. A variety of boxing and martial arts moves with an aerobic flare.

Pump It: A 30 minute workout that uses weighted body bars to maximize strength training. Bring your weight training into the aerobic room.

Step: Step aerobics is a form of aerobic activity which is performed on a platform that usually ranges from 4" to 10" in height. Step training was developed to provide a low-impact activity that is both challenging and interesting. These creative routines build cardiovascular endurance and burns excess fat at a fast rate. A nice variety of moves without complex advanced choreography will keep your body in motion.

Step Explosion: With interesting directional changes and no break in intensity, this advanced-level workout starts with a bang and keeps on going until the very end. The choreography features lots of turns, leaps and backwards steps for a totally interesting, totally unique workout. The steps are presented in a way that allows you to customize the workout. This class is designed for the enthusiast with at least 6 months to 1 year of stepping experience.

Step & Strength: A mix of step and strength training for the intermediate and advanced student. Followed by an abdominal workout.

Strength/Muscle Pump: This 55-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

Silver Action: Active older adults doing a cardio routine at a low impact pace. With resistance tools for strength.

ZUMBA: A cardio class that incorporates dance moves and routines with aerobic conditioning. A rotation of Belly Dancing, Tribal, Cardio Striptease, and Line dancing. **ZUMBA GOLD:** geared for the beginning Zumba.

Mind and Body Classes

Pilates: The class integrates breathing, flexibility, strength, precision and body awareness to lengthen, define and strengthen muscles. Pilates help improve daily functions and maintain a healthy core.

PiYo™: Combines Yoga and mat method based Pilates to enhance muscle strength and length. Also designed to improve posture, flexibility, and physical awareness. Appropriate for all fitness levels.

Yoga: A yoga workout (Vinyasa-based) that approaches strength from a different angle, emphasizing muscle endurance rather than pure power. Focuses on musculature to enhance strength, flexibility, focus, and balance while toning the entire body. The yoga poses will give an all-over stretch but also build strength. Students are encouraged to work at their own pace.

Pool Exercise Classes

Water Craze: High energy & challenging water workout for all fitness levels. This class focuses on cardiovascular and muscular strength. By working against the resistive force of water, you can increase balance, coordination, and range of motion.

H2O FIT: This aqua class incorporates strength, flexibility, and cardiovascular training while working to improve range of motion, coordination and balance.

Aqua motion: A low impact cardio and muscle's toning workout using water as resistance.

Aqua Action: A higher cardio workout to bring the heart rate up. Buoys and noodles are used to add resistance.

Trainer

HIIT: Come experience high intensity interval training. This is a FREE Personal Trainer coached group class that is designed to get your heart rate up, incorporating functional exercises along with weights, kettle bells, and battle ropes to burn calories.