

CYCLING CLASS DESCRIPTIONS

Cycle 60 minute rides complete with flat, hills, and high performance effort intervals guaranteed to work your heart rate in all training zones.

◆ Register for classes at front desk one day in advance. "5 minute policy:" Be on your bike 5 minutes prior to class. Water bottle and stiff soled shoes required.

GROUP FITNESS CLASS DESCRIPTIONS

Boot Camp	The name says it all. No fluff. No registered gimmicks or fancy props. Bring your mind and your guts... all the tools you'll need..
Hard Core Abs	30 minutes of straight up ab work to create lean, mean, washboard abs.
Kick Fusion	A high-energy cardio workout consisting of kickbox, dance, ply metrics, and high impact moves all fused together to make you breath fast and sweat hard or is the other way around!
KickBox Fitness	This fat shedding, calorie burning, total body workout is high energy, explosive, exciting and motivating. It's a non-contact kickboxing workout combining the kicks of TaeKwonDo & punches from boxing. Not your ordinary cardio workout!
Movers and Shakers	45 minute class designed for the active older adult who wants to get moving, using stretch and light aerobic exercise. Get going to fun music (big band sounds and 50's beat) . Relax and strengthen through simple flexibility training. Come join us for a rewarding workout and great friendships!
Movers and Shakers II	30 minute class similar to Movers and Shakers with a higher level of cardio.
Pilates	Mat 1 includes basic Pilates routines and techniques. Advanced Pilates designed to challenge those practiced in pilates with a deeper movement base.
Power2Pump	Group weight-training class designed to train the entire body using biomechanics and functional training methods designed to give you results.
Power Step	A 45 minute intense cardio workout packed with smooth, tapless step choreography and power intervals designed to burn more calories in less time.
Power 45	45 minute aerobic/ anaerobic/ core training/ weights class designed to get you results in less time.
Soul Jam	Cardio class emphasizing several different styles of dance where you can come and let stresses go. Come move with us!
Strength	30 minutes of strong circuit exercise to finish out the senior workout
Zumba®	This class is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system! The routines feature fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits, not to mention maximized caloric output with easy to follow steps!

YOGA STUDIO CLASS DESCRIPTIONS

Gentle Stretch Light and gentle yoga poses to increase flexibility and relax the body and mind

Yoga Level 1 & 2 –slow vinyasa to challenge the body and calm the mind. Level 2 & 3 for those ready to take their practice to another level (experience strongly encouraged for 2 &3).