



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 work out. IAC has created a solid foundation of fun, modern, and traditional workout classes with certified instructors so we can assure members they are receiving the best instruction and experience possible.

Strength & Cardio Classes:

Boot Camp: High energy and high intensity class guaranteed to give results! A mixture of running, drills, plyometrics, lunging, sprinting, squatting, push-ups, weights, etc with motivational music. Sports based moves and drills to challenge any fitness level. Strength, endurance, and cardio all in one class!

Booty Beat®: When flirty, fabulous dance meets choreography with a purpose; the result is a fun, effective way to condition the entire body inside and out. This class is an outrageously entertaining cardio intensive dance-based class with easy to learn Flirty Girl® Foundation moves. Come experience the fabulous feeling that dancing gives you, while reaping the benefits of strength and cardiovascular exercise all in one class.

Core Power: Unique moves guaranteed to strengthen your core, tone your entire body and give you flexibility. The first 25 minutes of class is focused primarily on your core using weights and resistance while the last 30 minutes strengthens and adds flexibility to the entire body by using a variety of equipment along with yoga, and stretching. Please bring a mat.

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

Get Ripped: A full body workout using weights and cardio to get those muscles ripped! All the best exercises to get you toned: squats, presses, lifts, curls, sit-ups, etc. This class will use various routines to get the best results for you!

H.I.I.T.: 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.

Movers: A lower-impact dance class based on Flirty Girl Fitness®, which is a fun, fabulous, fitness program designed for women by women. This dance-based fitness format implements foundation moves for the specific purpose of challenging multiple muscle groups while enjoying a fun cardio workout.

Power 45: This class is a 45 minute full-body workout consisting of strength training, cardio, and core work designed to sculpt muscles and burn fat. All fitness levels welcome.

Turbo Kick®: The gym version of Turbo Jam. An addictive workout that combines shadow boxing, kickboxing, sports drills, and simple dance moves in a party atmosphere. It's an interval based class that allows participants of any fitness level to participate and custom tailor their workouts. It only takes one class, and you'll be a Turbo Kick® fanatic like thousands of others!

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! We want you to want to work out, love working out, and keep coming back for more. 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!

ZumbAtomic®: A fun, healthy program for children ages 8-12 using the ZUMBA Fitness concept. This class offers easy to follow routines designed just for kids geared towards developing a healthy lifestyle including: leadership, respect, team work, pride, confidence, and responsibility. It also includes developing coordination, balance, discipline, memory, and creativity. (Added cost for non-members. Please see front desk for more information.)

Mind and Body Classes: (Mats are required for all mind and body classes.)

PiYo®: Combines yoga and mat method based on Pilates to enhance muscle strength and length. Class is 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, 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:

Aqua Zumba®: Join the "pool party" workout for all ages. Participate in safe, effective and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness.

H2O Fit: High energy and challenging water workout for all fitness levels. This class focuses on cardiovascular and muscular strength. Working against the resistance of the water increases balance, coordination, and range of motion. Buoys and noodles are used for added resistance.

Please introduce yourself to the instructor and let him/her know your fitness level and any injuries you may have.