

Group Fitness Class Descriptions

All Shaped – Designed to enhance your muscular development; giving you form, symmetry, and definition throughout a well-rounded workout. This workout includes HIIT, cardio, and weights and is suitable for all fitness levels.

Barre - This class is a mix of Pilates, dance, yoga, and functional training. The moves are choreographed to motivating music to give an energized and targeted workout. You will use the ballet barre and exercise equipment such as mini balls and small hand weights to sculpt, tone, and stretch your entire body.

Body Pump Flex and Define – A 50-minute full body workout choreographed to music. This class is perfect for all skill levels.

Cardio Tone – A 45-minute blend of cardio and burst of total body strength training. Guaranteed to burn calories and build lean muscle.

Chair Yoga – This is a low impact class that emphasizes alignment and balance. It is perfect for all ages and skill levels.

Cycle +Core – A 45-minute cycle ride designed to take you through a variety of hills, intervals, rhythm drills and sprints with a customized playlist. This ride is followed by a 15-minute core session and stretch. All fitness levels are welcome!

Fit for Life - This is an in one workout designed for people ages 50+. It involves cardio, strength training, and balance.

iTone - Want to strength train without going up to the gym? Not sure what to do to tone your muscles? Take this class and you will complete a variety of exercises to get an effective total-body workout.

Power Camp/ Kettlebell – This class blends cardio and resistance training. You will use various types of fitness equipment including resistance bands, body bars and free weights. All fitness levels are welcome!

Power Yoga – A more advanced yoga class that offers a series of progressive poses that will strengthen your core and increase flexibility and balance.

Power Hour – Give it your all for 1-hour functional fitness style of class. It is designed with the athlete in mind focusing on areas such as coordination, strength, agility, comradery.

Morning Tai Chi- This gentle morning flow of postures is a great start to your day. Combining Yang Tai Chi and Qigong movements, we will focus on flexibility, balance, and strength while energizing your body. It's better than a cup of coffee!!

Quick HIITer -This is a 30-minute total body workout. It is perfect for the early rising fitness enthusiast searching for a class that will maximize their workout in a minimal time window.

Silver Sneakers – These classes follow the Healthways Silver Sneakers Fitness Program. The classes are catered to individuals 65 and up. The mission is to make fitness more fun and accessible to boomers and beyond. Focusing on movements that help strengthen muscles that help with everyday activities while keeping it fun is what this class is about.

Spin – Our indoor cycling class provides a fun and challenging cardiovascular workout for all ages and fitness levels.

Spin Express – This class is a sped up version of spin and is completed in half the time.

Strong Nation – A combination of body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move.

Tai Chi- Originally developed for self-defense, Tai Chi has evolved into a powerful tool for reducing stress, increasing energy and improving strength, balance and agility through gentle flowing movements. This class can help to improve health, strength and the balance of energy in the body. This class could be described as meditation in motion.

Total Body Torch – Keep your body guessing with this 45-minute total body and low impact cardio class. Burn a few extra kcals with a few cardio burst to spike the heart rate. All fitness levels are welcome!

Yoga – For all fitness levels. This class is comprised of a series of poses with a strong emphasis on breathing and relaxation. You will increase your flexibility as well as restore a healthy and positive mind and body balance.

Zumba – This class is an interval-style dance fitness party that combines low-intensity and high-intensity moves. You'll burn lots of calories as you move to the rhythm and best part of it all is that it doesn't even feel like exercise!

