

Fitness Class Descriptions

AGT (abs, glutes, thighs)

(All levels)

Cardioball

Take working out with a resistance ball to a whole new level. Cardiovascular conditioning is performed while sitting on the ball. This type of seated cardiovascular training keeps the abdominal engaged resulting in a stronger core. Hand weights, bands and body bars are used to create the strengthening portion of the workout.

(All levels)

CardioBox

60 minutes of boxing drills that focus on punch and kick combinations as well as single drills on a medium intensity high impact level. Light weights are optional to a more intense workout. This workout comes complete with a jump rope routine.

(All levels)

Cardio/Express

This non-stop 30 minute routine will revive and refresh your entire body in a fraction of the time. Take advantage of the step bench, floor exercises, weights, bands or a combination of equipment to give you and your heart a great workout.

CardioSculpt

Aerobic floor conditioning with the assistance of light to medium hand weights. Use boxing techniques on a low impact, high intensity level. Great metabolism booster, fat burner and body shaper.

(All levels)

Choice

Instructor creates routine from a combination of aerobics, step, weights and more.

(All levels)

Pilates

Core muscle conditioning exercises that uses the body to tighten, tone, lengthen and strengthen. Your abdominal (core), legs, back and arms are all focused on.

(All levels)

T-n-T (tighten and tone)

Body toning without heavy weights

(All levels)

Step

An exercise routine that utilizes the step bench to offer a workout that develops the lower body as well as exercises the heart.

(All levels)

Resistance

The combining of aerobics, step and resistance training all at the same time. An excellent total body workout.

(All levels)

Yoga

Hatha yoga poses that flow to provide a total body workout that brings greater awareness to the body's alignment, spine, and abdominal. Your focus, concentration and body are all taken care of – RECOMMENDED.

(All levels)

Sr. - Senior

SP - Special Population