

Fitness Class Descriptions

AGT (abs, glutes, thighs)

Exercises specific to target abdominal, buttocks and thighs (All levels)

Boot Camp

A series of drills at a fast non-stop pace to challenge and push your fitness to the limit (intermediate and up)

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)

Get Ripped

Circuit training drilling that works to improve your endurance and your strength. Work at different stations to target your heart or your muscle. This class is timed so you can give each minute all you've got and begin to see yourself transform into a more lean and efficient body.

(All levels)

Combo

Two 30 minute routines that give you the cardio needed to improve the heart and strength training to improve muscle conditioning (All levels)

Medicine Ball

This is a new class that features the medicine ball as a way to develop a stronger core along with heart and strength conditioning benefits. Use to ball in unique ways to target and challenge your entire body.

(All levels)

Pilates/The Core

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. Based on the class determines technique used for results

(All levels)

Total Body

Here it is...get every part of your body worked on in an hour. Total body exercises for the arms, legs, back, abs, the heart...you get it. (All levels)

Step & Sculpt

An exercise routine that utilizes the step bench to offer a workout that develops the lower body as well as weight training and abdominal conditioning to target upper body.

(Intermediate and up)

Step It Up

Intermediate/advanced level step class combined with upper and lower body strengthening and conditioning exercises.

Not recommended for beginners

Resistance

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

(all levels)

Waist-n-up

Total upper body workout that targets abdominal, shoulders, back, arms and obliques

(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

Sculpting and cardiovascular training performed on a gentler level. Seniors and special populations get their needs met with exercises specifically designed for their bodies. Loaded with modifications to ensure that their choices are effective as well as safe.

Soul Line Dancing - Line dancing to music from the past (all levels)(recommended)

Zumba – A cardio based workout which helps tone and sculpt the body. It uses four basic rhythms based on simplified versions of salsa, meringue, cumbia, and reggaeton (mixed with a bit of mambo, flamenco, rumba and calypso). It is another great workout to add to your current routine (all levels) (recommended)