

Group Exercise Class Descriptions

ABSolutely – Designed to tone and strengthen the abdominal area. Instructors will take you through solid core work that is guaranteed to bust your gut. (15 minutes)

Body Pump by Les Mills – The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! (One hour)

Body Vive by Les Mills – One of the newest total body workouts developed by Les Mills that lets you choose how hard you work. This is an exciting class filled with uplifting music. This program includes fun cardio, balance and coordination, strength and flexibility training. Vive balls, resistance tubes and optional weights are used in this class. You can be an experienced athlete looking for something different and fun, or a beginner – this class will help you improve your overall fitness level, posture and leave you fizzing with energy. (One hour)

Boot Camp – Come experience the ultimate workout! Get ready to sweat, pump up your heart and have fun as you tone, run and work like never before. Each class will switch routines to keep the body in peak performance, with a combination of circuit training, cardio, and weight lifting. This is a perfect class for men and women alike. (One hour)

Chair Yoga – This class will be very gentle using props such as chairs for balance as you go through the yoga poses. (45 minutes)

Circuit Breaker – Adrenaline pumping cardio session that incorporates plyometrics coupled with high volume resistance training. This is a full body workout not only intended to increase your metabolism, but also to help you achieve that defined look and keep you looking your best. (60-75 minutes)

Core Fitness & Strength Training – A muscle works class that uses a stability ball to help with balance and coordination while also strength. You will also be using weights in this class. It is always different and a whole lot of fun. (45 minutes)

Core on the Floor – This core training class will challenge your strength by using mainly your own body weight for resistance. You will tone your body from head to toe, especially your core. A solid core is the key to true strength and function. "Core on the Floor" is an intense workout geared towards intermediate to advanced students. We will fuse the concept of yoga, pilates and strength training to provide a great workout for you!

Express Class – Get the most out of this all-around class by performing 30 minutes of strengthening exercises (Open Studio) and 30 minutes of cardio (Track/Gymnasium). All fitness levels welcome. (one hour)

Hula Hoop – Looking for a new way to work your core, arms, and legs while staying low-impact? Try our Hoop Dance Fitness class for a sure fun way to get a cardio and toning workout! Taught by a Hoopnotica Certified Teacher® for a 300-600 calorie burn per hour class. (One hour)

Go with the Flow – A 15-minute water-based exercise program focusing on toning, core strength, and balance based on movements from tai chi, Pilates, yoga, walking or cycling. (15 minutes)

In Too Deep – This class is held in the deep end of the pool and a variety of aquatic equipment is utilized including ankle and arm cuffs, hand buoys, wave belts, and webbed gloves. Individual classes vary in intensity from cardio and extensive stretching to abdominals and light strength. Class participants will need to be able to swim and feel comfortable treading in deep water. (30 minutes)

Muscle Works – This class is a strength class that uses weights, stability balls, the step, body bars and own body weight. It will help with balance and increase your flexibility to help with everyday life. (45 minutes)

Pilates – This class will teach you the concepts of the traditional Pilates exercises. Through hands-on instruction, you will learn appropriate breathing, movement awareness, and control from the center in order to support the spine and pelvis to correct body alignment. (45 minutes)

PX119 – Sound familiar? This intense, diverse, and effective class is designed to transform your body with sweat-inducing, muscle-pumping workouts. Using the "Muscle Confusion" training technique, the instructor will guide and encourage you while continuously introducing new moves and routines so your body never plateaus, and you never get bored. Come check it out and get results! (45 minutes)

Senior Strength Training – Stretch and strengthen major muscle groups with light weights, balls, and bands while using a chair. This class involves exercises from the Arthritis Foundation. (45 minutes)

SPINNING® – *SPINNING®* is a journey to health and fitness. Using a stationary bicycle, at your own pace, the certified SPINNING® instructor will guide you through a session that blends cycling technique, sound training principles and coaching to energize, challenge and inspire. *SPINNING®* classes are not competitive, monotonous or awkward. Every class is a venture to a new stronger place – both mentally and physically. (45 minutes) **Reservations required.**

Strength & Stability 30/30 – This full body workout will work the core muscles to increase stability, improve posture and work all of your muscles in creative ways. (One hour)

Sweat Shop – combines non-stop cardio, step and weights. A total body workout that improves muscular strength and endurance while sculpting and shaping your body. (One hour)

Tai Chi for Arthritis – A gentle and graceful exercise that originated in ancient China. Tai Chi exercises the entire body and mind. The Sun Style Tai Chi routine is easy to learn and suitable for almost anyone. Practicing Tai Chi helps improve overall health status, balance, coordination and flexibility, as well as decreasing stress levels and managing pain. (45 minutes)

Water Aerobics – An invigorating workout in the pool for the swimmer and non-swimmer; it is a total-body, non-weight-bearing workout for everyone. This is an excellent way to begin an exercise program, or add to your existing one; using the water as resistance, you can determine your own level of intensity. (30-45 minutes)

Water Arthritis – This Arthritis Aquatic program is a recreational exercise program with a wellness concept for people with arthritis and other mobility problems – as well as sedentary adults to manage symptoms, improve mobility, balance and coordination, maintain independence, and enjoy life. These specially designed exercises and activities are performed at low to moderate rate of intensity and are taught by Arthritis Foundation certified instructors in the heated pool (90 to 92 degrees). (45 minutes)

Yoga – You will learn how to control your breathing with the execution of various poses. Some of the many benefits of yoga are reduced stress, reduced anxiety, and improved flexibility. It also increases strength, Posture and balance. All levels welcome. (One hour)

Zumba – Ditch the workout...Join the party!! Zumba is a fusion of Latin and International music – dance themes that create a dynamic, exciting, and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training. (One hour)