

Class Descriptions

Zumba® - This class combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This latin-based group exercise class is fun and easy to do. No dance experience required!

Body Sculpt- Come join us for a session of bone-density building exercises that also shape and define your body! If the idea of using strength machines by yourself does not appeal to you, then this is your class! Though cardio is great exercise and is very good for you, body sculpting will help you accomplish your desired wellness goals by balancing your current exercise program.

Active Older Adults (A.O.A)- This is a 30 min. low impact aerobic class for members of all ability levels and includes 30 mins. of strength training and concludes with stretching cool down

Step – A high energy cardio class using the step bench to intensify your workout. You can customize your intensity with the addition of risers.

Circuit Interval Training- This class is designed to tone and sculpt all major muscles while keeping your heart rate up and fat burning with intervals of cardio. You will use weight resistance bands, barbells, & weighted balls to tone with bursts of cardio between exercises to keep the sweat pouring! Bring your towel and your water bottle!

Core-N-More- A low impact workout that focuses on your “powerhouse.” You will work all aspects of the core muscles using different props which will consistently challenge you to increase your fitness level.

Cardio Choice- Anything Goes! The Instructor utilizes the step, kickboxing techniques, interval, step, hi/lo aerobic to maximize your workout.

Fitness Cycle - A great workout that is fun, effective and easy to learn! A customized stationary racing bike gives a smooth workout for the beginner to advanced cyclist. This class will increase your overall endurance through interval training, speed drills, hills and flats. Remember to bring your water bottle and a towel!

BLT / Buns, Legs, & Tummy- This is an intense glute, hamstring, inner and outer thigh workout with an abdominal target at the end! The focus is controlled movements with high repetitions of exercises to make sure you feel “the burn” right where you need it the most.

W.O.W.- Women on Weights- This is a paid program for women who desire a little more to their strength training routine. A structured program designed by a certified Instructor to strengthen major muscle groups in a variety of ways in a small group setting.

Goju Ryu Karate- (Paid Program) Certified Goju Ryu Karate Instructor with a Third Degree Black Belt Instructor that is designed for mixed abilities and interests in the martial arts who wish to earn promotion through their performance, attendance and testing.

Karate Kids - Children ages 7-10 at a beginner level or no martial arts background. Fun skills and important strength building exercises for mind, body and spirit practiced and learned in the martial art discipline.

SilverSneakers® Muscular Strength & Range of Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.