

Group Fitness Class Description 2024

Group Exercise

3-2-1: Get ready to sweat! 3 min. Cardio - 2 min. Strength & 1 min. Core

BootCamp (\$): An efficient and challenging form of conditioning that develops strength, endurance, & flexibility with a Personal Trainer. \$5M/\$15NM

Dance Fitness: Join us for an energetic and fun-filled dance fitness class that will get your heart pumping and your body moving to the beat!

Dynamic Duo: 2 min. of cardio followed by 2 min. of strength for total 45 minutes of core workout!

Express Tone: This class will improve circulation, metabolism and caloric burn in just 30 minutes.

Final Cut: This functional training class tones and sculpts the body using bars, dumbbells, resistance bands, Bosus and stability balls.

Fit, Function, Balance: Improve muscle endurance, strength and balance.

F.I.T.: Takes the traditional weight lifting class to the next level by utilizing movements to improve strength, mobility, and stability.

Kickboxing Intervals: Combinations of upper- and lower-body strikes and athletic drills make up this killer cardio workout.

Let It Go Hi/Lo: Energetic low impact cardio workout for the entire body.

Med ball Blast: The class targets all areas for strength & toning. You are going to sweat & raise your heart rate while having a "ball".

Muscle Endurance: Target every muscle group! Build overall strength.

Muscle MAX: Increase your strength, develop lean strong muscles, and start building that body you've always wanted.

Seniors Fitness & Fun: Covers the basics of cardio, strength and stretching. Balance is also addressed.

Seniors on Strength (S.O.S): Toning class using tubing and dumbbells for

resistance while alternating between sitting, standing, and walking to improve movement and balance.

Strength Conditioning : Build lean muscle using a variety of exercise equipment guaranteed to improve your fitness levels and endurance.

Stretch & Alignment: Geared for improving flexibility for all muscle groups through various stretching techniques.

TABATA: A highly popular exercise for those who are looking for a fast, effective workout guaranteeing you to sweat.

TABATA Sculpt: 50% high-intensity interval training and 50% focus on sculpting and abs.

Total Body (T.B.C): Total Body is a high-energy format to challenge muscular strength and cardiovascular endurance.

Triple Threat: 55 minute class to complete blocks of: 3 minutes of cardio, 3 minutes of strength, and 3 minutes of core.

Zumba: A fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO."

Zumba Gold: A lower-intensity version of the Zumba class and designed to meet the anatomical, physiological and psychological needs.

Aqua Fitness

Aqua Cardio Blast: Moving with intense cardio and strength movements using the full benefit of the water's resistance.

Aqua Fit'n Flow: Both high intense cardio and low intense movements using the full benefit of the water's resistance.

Aqua Flow: The full benefit of the water's resistance. Half the class is in the lap pool & last part in warm pool.

Aqua Intervals: Using different intensity intervals from high energy

to recovery you will be able to increase endurance and strength.

Aqua Mix: A true mix of equipment and balance moves to improve cardiovascular fitness, strength and flexibility.

Sea Surprise: This aquatic exercise class will enhance muscular tone, using the resistance of the water, water weights, noodles, and more.

Aqua ZEN: Mindful Moves and Stretching is designed to improve stabilization, balance, and joint movement, reduce pain / stiffness and contribute to your overall health. All Level.

Mind/Body

All Level Yoga: Practice poses, breath awareness, strength, flexibility, form and flow.

Barre ; Enjoy the strength workout while keeping your joints flexible and muscles elongated. No actual dancing involved, no need any experience in yoga or Pilates!

Balance. Brain .Spine (BBS): Challenge your minds with brain games, and focus on exercises that support your spine. Remember, a healthy spine is a healthy life.

Beg. Friendly Yoga: Combination of healthy alignment and the freedom to play within familiar and beginner yoga poses.

Chair Yoga: Cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

Hatha Yoga: It combines postures (asanas) with conscious breathing (Pranayama) while developing flexibility, balance, endurance, and mental clarity.

Pilates Mat & Power Pilates: Improve core strength, balance and stability with Pilates Mat exercises.

Purifying Yoga Flow: A rhythmic and devotional flow practice where you can explore every pose.

Restorative Yoga: This class emphasizes deep breathing exercises, poses and stretches that promote flexibility, awareness, posture, comfort and relaxation.

Sunrise Yoga: A morning yoga practice can be an exhilarating challenge that sets your day for success both mentally and physically!

Vinyasa / Yoga Flow: An energizing yoga practice involving movement through a sequence of poses (asana) coordinated with the breath.

Warrior Sculpt: Combine free weights to intensify yoga flow sequencing, mix in Pilates and strength-training moves.

Walking & Stretching: 45 minute workout achieving over 2,000 steps. We're adding stretching exercises to increase flexibility and range of motion.

Yogalates: Combined Pilates and yoga for a total body workout focused on strength and balance and core.

Yoga Flow and Nidra: Will allow your mind and body to slip into a deep state of relaxation.

Cycle

Cycle 45: Ride through a musical journey as you burn calories & build up a sweat performing intense interval work efforts.

HIIT the Road: High Intensity Interval Training on a stationary bike including interval training techniques.

Power Cycle: Take a heart-pounding ride through hills and drills. This is the best cardio calorie burner out there.

Spinning: This class will increase cardiovascular endurance. For beginner to advanced level.

Threshold Ride: Get lost in the fun and burn lots of calories on this intense ride.



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