

GROUP EXERCISE LAND CLASS DESCRIPTIONS

Ball Stability

Features abs, back, upper and lower body workout on the Fit Balls. Great for core and overall muscle balance.

Belly Dancing

Shimmy your way into shape with this energizing class.

Body Sculpting

A full body resistance workout using bands, hand weights and balls.

BOSU

The BOSU is a half ball that allows for strength, balance and cardiovascular fitness.

The Burn

Superset your way to a new you with short cardio intervals thrown in for fun

Circuit

A heart-pumping combination of plyometrics, strength, aerobic and anaerobic work, and core. This class uses a wide variety of materials and is held in varied locations. Work hard!

Core Power

Join us for exercises that will help strengthen the core muscles: abdominals, obliques, and erector spinae.

Cycle

Come ride through hills, flats and mountains! Great class for all levels.

Fit Kids

Spend time with your child and have fun while participating in a variety of classes from yoga, trail walking, and using the sportwall. Kids age 4 and up recommended.

Kickboxing

Kickboxing is an energizing workout where you punch and kick your way into shape.

Pilates

Incorporate core muscle strength with focus on abdominal and back work

SilverSneakers

Class that incorporates friends, fitness and fun! Combine strength and cardio. Chairs will be used at all time during class.

Step-N-Sweat

Workout for the intermediate participant that leaves you sweating and coming back for more!

Teen Hip Hop Hustle

Fun and energizing class with great music and choreography for all appropriate for all teens.

Trail Blazers

Let's get outside and take to the trails in this run/jog/walk class. Level I is more for runners; Level II for the walkers.

TurboKick

Power-punching, heart-thumping choreographed cardio kickboxing moves!

Yoga

Focus on improving your flexibility, strength, and balance as your mind is challenged in class.

Zumba

Are you ready to shake your hips in this Latin salsa dancing fitness class? Great for everyone. Can be low to high impact and tons of FUN!

Zumba Gold

Get the fun salsa dancing of zumba but at a slower pace and more gentle on the joints.

