

A.O.A. (Active Older Adults) – older adults stay fit, strong & flexible with low impact aerobics, strength training, balancing & gentle stretching.

B.A.S.E. (Balance And Stability Exercises) - 15 minutes of balance & stability moves. Use this as a warm-up/cool down for the rest of your workout. The class will emphasize a progressive series of exercises designed to improve both balance and muscular endurance.

BOOT CAMP – high intensity cardio class consisting of drills, calisthenics – no choreography, just LOTS of fun & hard work.

BOSU BLAST! – this is a high energy cardio & strength class utilizing the BOSU (Both Sides Up) ball. The beauty of this class is you are working strength and abs by purely standing on the BOSU. This is definitely a class to challenge your balance and make you stronger.

CARDIO BLAST– high intensity, calorie burning class that may include rope jumping, callisthenic drills, step, push-ups, dumbbell circuits, abs. Basically anything to get the heart rate up and keep it up . . . anything goes. Cardio Crunch is only 45 minutes.

CARDIO SCULPT/MUSCLE-UP – a fat burning & complete body sculpting in one class. No fancy footwork, just continuous movement while toning the body with dumbbells, barbells, tubing, etc. Muscle-Up is much less cardio and a little more sculpting.

CIRCUIT TRAINING/XPRESS SWEAT – a 45 min high energy total body workout that blends calorie-blasting cardio circuits with muscle-toning, plyometrics, agility moves, calisthenics and more.

C.S.I. (Cardio Strength Intervals) – Try this non-stop interval class where you will go back and forth between cardio segments (kickboxing, Hi/Lo, drills, etc.) and muscle toning/strengthening segments. You will sweat, be challenged, burn LOTS of calories and still have fun!

DOWN to the CORE - A one hour core workout. This class includes the use of equipment such as the medicine ball, BOSU, and stability ball and is designed to strengthen all of the core and back muscles.

FIT FUSION – A 60 minute high intensity class that combines cardio, strength, agility and flexibility.

FIT KIDS & FIT TOTS – Fit Kids is a 45-minute class that focuses on physical fitness for kids between the ages of 6-12. The instructors challenge the kids using an obstacle course and a variety of exercises. Fit Tots is a 30 minute class that focuses on movement, coordination, physical fitness and FUN for 3-5 year olds. The kids use balls, steps, hula hoops, mats and equipment to add in the fun! A minimum of 4 children is required.

H.E.A.T. (High Energy Athletic Training) – just like it sounds! This class will get your heart rate up and keep it up with sports drills & training utilizing equipment and fields both indoors and outdoors.

INFUSION – A Pilates & ball class infused with yoga for overall body strength; an intense deep muscle workout for the avid athlete and the beginner.

NEW BEGINNINGS Latin Style – An ideal class for the cardio exercisers just getting started or returning to the gym--30 minutes of low impact aerobics followed by basic strength conditioning, abs and a cool down. The class is Latin inspired.

PILATES – a mind and body floor-mat class that strengthens, lengthens, and tones the muscles while focusing on the core of the body, which consists of the abdominal, lower back, hips and glutes.

PIYO – this is a Pilates and Yoga combination class. This is a GREAT place to work overall body strength, especially the core, while stretching the muscles at the same time. A great class for everyone at ALL fitness levels.

SALSA – Latin dance to the max! Learn group routines, line dances, dance with partners & more...all to a latin beat - salsa, merengue, bachata, pop, hip hop, reaggueton, etc – no experience required, just come ready to have fun! You will be ready for the next party!

SPIN/POWER SPIN/FAMILY SPIN – a non-stop, high-energy cycling class that will get your heart rate up and keep it up. If you want to burn calories, this is the class to take. Regular Spin is 1 hour, **Power Spin** is 45 minutes. **Family Spin** is 30 min geared towards ages 10-15 – whole family welcome!

SPINLATES – a 40 minute cycling class, followed by 20 minutes of Pilates. Get the heart pumping & the core in shape.

SILVERSNEAKERS®- Muscular Strength & Range of Movement

Have fun & 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, a ball are offered for resistance, a chair is used for seated and/or standing support.

SILVERSNEAKERS®- YogaStretch

YogaStretch will move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of postures to increase flexibility, balance & range of movement. Breathing exercises & a final relaxation will promote stress reduction & mental clarity.

SWEATSHOP – a total fat blaster consisting of various cardio modes, which may include step, hi/low, inline step & more.

TAI CHI - Increase energy, strength, balance, concentration and coordination with this Chinese martial art; mediation in motion; smooth & flowing.

X-TRAIN – A high energy aerobic work out that incorporates running, swimming, calisthenics, spinning, and jump ropes. Please check the monthly schedule for the planned work out. (On swim days wear bathing suit under running clothes.) This is an intermediate/advanced class.

YOGA/POWER YOGA – increase flexibility and strength through stretching, breathing and relaxation exercises. Employs all muscle groups.

ZUMBA/DANCE PARTY– It's a party! An interval aerobic workout centered around Latin dance movements. Have fun while exercising those hips, abs & legs! Dance Party will have more of a "pop" feel rather than "Latin".