

Group Exercise Descriptions

BodyPump

BODYPUMP™ is 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! You can burn up to 600 calories per class!!!

BodyVive

BODYVIVE™ is the low-impact group fitness workout that lets you choose just how hard you work. Using the VIVE™ balls, VIVE™ tubes and optional hand weights you're talked step-by-step through the entire class by a skilled instructor, while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated – and fizzing with energy.

15/15/15 - This class includes 15 mins. of cardio, 15 mins. of handweights, and ending off with 15 minutes of effective floorwork. This 45 minute class will rejuvenate you and prepare you for the rest of your day.

Cardio Express - This 30 minute class will give you just enough of what you need to revitalize your metabolism. A variety of combination moves to increase your Aerobic endurance. If you are pressed for time, this is the perfect class for you!

Combo – Hi and Low impact choreography with great fat burning, calorie expending benefits. Great for anyone who is looking for a challenge in their Cardio workout.

Hatha Yoga – Intermediate to advanced class includes conscious breathing techniques, properly aligned postures and final relaxation.

Power Hour – This class meets in our fabulous fitness center on the track! Join us for an hour of interval training including running, military drills, weight lifting and abdominals. Jump-start your body's ability to burn calories while having fun. For beginners and athletes alike.

Senior Yoga – This yoga program consists of gentle, mindful poses with attention to proper alignment and breathing.

Step II/Aerostep – Creative choreography and non-stop energy for the more experienced stepper.

Stretch & Tone – An introductory class that places emphasis on both stretching and strengthening the muscles. An excellent beginning for improving muscle tone, flexibility, and range of motion.

Turbo Kick - The ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training and a Tai Chi like cool-down. This class is for all fitness levels. Low options are available for the less intense. A great cardio challenge!

Yoga – This integrative yoga course teaches basic postures along with simple breathing techniques.

Flow Yoga - A dynamic mixture of yoga postures and breathing techniques. Challenging yet open to all levels.

Zumba - Zumba is a fun, effective, and simple fitness system that uses the principal of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. The fun-loving and explosive Latin rhythms create a party like atmosphere that deliver results, as well as a "feel happy" workout. Zumba is fun, different, easy, exotic, effective, and is rapidly becoming the next fitness sensation!