

Fitness Class Descriptions

Lower Intensity

PBS Gold: All the benefits of PBS (posture, balance and strength) at a gentler pace with the option of seated exercises for those with limited mobility.

Yoga: Focus on improving balance, strength, & flexibility in a relaxed environment. For new & experienced practitioners.

Strength and Balance Gold: Improve strength, stamina and balance with low impact movements. Equipment includes dumbbells and chairs. **Majority of the class is performed standing.

Full Body Stretch: Take some time to relax and give your body a nice long stretch, improve flexibility, release tension.

Tai Chi Breathing and Stretch:

Gentle form of exercise designed to improve health, balance, posture, flexibility and the peace of mind that is often lost through the stress of daily life.

Wing Chun Kung Fu: Martial arts that uses superior position & technique to overcome opponents. No previous experience required. **Mobility and Stretch:** improve flexibility and range of motion. All levels welcome.

Baby and ME: Bring your little one and come have some fun. Family friendly fitness, 0-4 years. Baby carriers welcome.

Medium Intensity

Barre/Sculpt: Combine balance, agility, & resistance into a challenging, high-energy, music-driven, fun class!

DanceFit: Fun dance moves set to high energy international & Top 40 beats. Instructors add their own flare to keep you burning calories & working up a sweat.

Cyclefit & More: Cyclefit for half the class with one of the following for the latter half:

Yoga.Pump.Core.Stretch

Dancerzice: move your body. A little bit of dance of little bit of fitness and a whole lot of fun! All levels welcome, low impact movements.

Group RX-RIP: A full body barbell workout for participants of all ages and all fitness levels. Choreographed movement and music with traditional strength training moves, makes for a thrilling class setting

PBS Posture, balance, strength and stretch. A great class for beginners & seniors. Equipment includes dumbbells, tubing, & balls.

Core Fusion: Build Strength, stability and endurance in the muscles that support your core, improve balance and become better at everything you do.

Strength and Stretch: Combine full body strength movements with a total body stretch.

Qualified Instructors:
Our instructors are certified fitness leaders who receive ongoing continuing education credits.

High Intensity

Cyclefit: Instructor leads riders through a warm-up, drills with hills, speed play & much more, ending with a cool down.

Step: For those who love high energy routines! All levels welcome!

Cardio Core:

Challenge your core and get your sweat on. High intensity cardio FUN!

Full Body Strength & More

Conditioning: combination of strength and cardio for a full body workout. Mixture of different formats to keep things interesting and fun! **Stretch:** extra long stretch for release tight muscles and improve flexibility.

High FITNESS: aerobics are back! Classes are fun, easy to follow, and choreographed to set you up for success. Cardio and toning meet leg warmers and a side of air guitar!

HIIT the Step: Full body cardio and strength, combining basic Step moves with all the fun bootcamp moves. Burpees, pushups, and weight plate exercises to work both lower and upper body. This class will get your heart rate up and increase cardio fitness.

Tabata: Fun fast paced class mixing strength, cardio and maybe even a little dance. Easy to follow workout format 20 secs of work followed by 10 secs of rest!

