

Fitness Class Descriptions

Amazing Abs: This class is a ½ hour of abdominal work that will attack the mid-section.

Aerobic Studio: Mary Anne/ Ute/ Kim/ Jen / Renae/ Lynda/ Sue Z

Adult Dance Classes: Classes taught by an experienced dance instructor; require registration and payment at front desk prior to the start of the session. Class styles include, East Coast Swing, Waltz/ Tango, Fox Trot/ Cha Cha. Aerobic Studio: Rose

Body Conditioning: These classes include weights, resistance bands and stability balls to strengthen the entire body.

Aerobic Studio: Domenica/ Carol/ Kim

Body Electric: Margaret Richards will motivate members of all ages and fitness levels using her signature "strength with grace" style which features exercises using light resistance to tone muscles and strengthen bones in a non-impact workout. Aerobic Studio: Margaret

Boxing: Fundamental basics of boxing are taught with use of gloves and focus mitts; beginners & those with experience are welcome. Hand wraps are highly recommended. Main Gym:Chris

Boot Camp: Class will include athletic drills, circuit based exercises, cardio and strength training for an over-all workout. Class is geared for the intermediate to advanced fitness level.

Main Gym: Karen

Cardio Kickboxing: A great way to relieve stress and tension and have a lot of fun. You will learn the proper technique to kick, punch and move like a boxer in a non-contact environment.

Aerobic Studio: Domenica/ Jen/ Renae

Country Line Dancing: You'll be Boot Scootin and Boogin' before you know it! A great class for the novice line dancers and challenging enough for the pro! Aerobic Studio: Judy

Dao In Yoga: This Chinese form of yoga combines postures, breathing, movements and concentration to clear the mind while benefiting all of the body systems & organs. Aerobic Studio: Ky/ Marlene

Family Fit: Bring your 7-14 year old to this parent- child fitness based class which will include a variety of games, aerobics and strength exercises. Aerobic Studio: Sandy

Fusion: This class is a combination of aerobics, weights and abdominal work rolled into a fun and high intensity workout.

Aerobic Studio: Kim/ Renae/ Domenica / Cortney/ Carol

Group Cycling: This class can be modified for the novice exerciser or can be challenging enough for the outdoor cyclist for a high- intensity, non-impact workout. This high-energy group cycling exercise class integrates music and visualization, creating an intense one-hour class. Certified Instructors teach Group Cycling using specially designed Johnny G Spinner® stationary bikes.

Aux. Gym: Erica/ Gail/ Matt/ Sue K/Sara/ Sue Z/ Charyl/ Dana

Healthy Back Class: This progressive exercise program combines relaxation, flexibility and strengthening exercises to help relieve your back pain. Aerobic Studio: Cortney

Hi/Low: A high intensity floor workout using basic combinations, gradually increasing the difficulty of choreography to increase the level of the workout. Aerobic Studio: Deb P

Interval Training: A 45-minute class that combines various styles of training including, plyometrics, speed drills, intervals and weight-bearing exercises that will ensure a full-body work-out. ½ Main Gym: Kathy B

Low Impact Cardio & Strength: This class will develop your strength while giving you a cardio workout without the impact. Aerobic Studio: Sandy

Older Adult Strength Training: This class is geared towards the mature adult. You will use free weights, stability balls and resistance bands to increase your strength, balance and overall well being.

Aerobic Studio: Sue Z

Pilates: This renowned method of body conditioning works to strengthen the abdominal center, or "core" of the body. Lengthening the spine, toning muscles and increasing flexibility are the focus. This is "mat based" Pilates so there is no special equipment necessary. Aerobic Studio: Judith/Jen/ Bridget

Pi-Yo: A combination of Yoga and Pilates in one class. Aerobic Studio: Mary Anne

Power Yoga: This class offers energetic, fast-paced yoga postures & incorporates the flow of Ashtanga yoga with a focus on alignment, strength, flexibility, balance and body tone. Aerobic Studio: Sue K

Step Aerobics: Whether it's beginner or intermediate step, you will be getting a great workout. Basic Step teaches beginner steps and terminology. Intermediate Step is for those that have an understanding of basic step. Choreography combines these basic steps into more challenging combinations. Aerobic Studio: Kim/ Bridget/ Mary Anne

Tai Chi: Often referred to as "Chinese Yoga", Tai Chi combines gentle movements and static postures with mental images and deep breathing for a completely relaxing workout. Tai Chi promotes circulation and helps increase energy, improves mental awareness, strengthens muscles and reduces stress. Tai Chi also helps to relieve Arthritic pain, improve balance and will strengthen your immune system.

Aerobic Studio: Marlene/ Ky

Yoga: The age-old path towards enhancement of personal well being. Gentle, effective stretching, strengthening, deep breathing and relaxation techniques are combined to achieve a harmony of spirit, mind and body. Aerobic Studio: Sue K/ Deb/ Mary Anne

Zumba: Zumba is a new and rapidly expanding, exciting, dynamic, and effective fitness system based on unique Latin inspired music and dance steps. The routines feature aerobic fitness/interval training with a combination of fast and slow rhythms that tone and sculpt the body. Aerobic Studio & Aux Gym: Deb P/ Kristin

Zumba Gold: This class is a modified version of the original Zumba; tailored for beginners and older adults. Aux Gym: Kristin