

ACTIVE TOGETHER

Active Together is a simple athletic program drawing from all four elements of fitness; cardio, strength, balance & flexibility. This class is great for those new to exercise and for the busy and fit who need to get it all in one class!

ALL LEVEL YOGA FLOW

Come as you are! Beginners to advanced welcome! Yoga uses the practice of breath control, meditation, and postures that increase strength, balance and flexibility in the body as well as the mind.

AQUA ZUMBA

Classic water aerobics with a little Latin dance flavor! Perform large muscle movements in this fun, but challenging water-based fitness class.

BOOT CAMP

Stations, sports drills, circuits, interval training for muscles & cardio.

CORE CHALLENGE

Total body workout focused on core strength and balance using movements based on yoga, pilates, and more!

CYCLE AND MORE

A cardio indoor bike workout paired with a combination of total-body exercises off the bike including squats, push-ups, and more!

CYCLING

A cardio indoor bike workout using a variety of multi-level workouts with speed drills, hills and intervals on Keiser M3+ bikes, the best bike in the industry.

FITNESS YOGA

An athletic practice synchronizing breath with poses, encompasses balance, strength, conditioning & flexibility for stress reduction.

GENTLE YOGA

Focuses on slow stretches, flexibility, and deep breathing to help reduce stress.

H.I.I.T.

Boost your exercise capacity and fat-burning potential! High intensity interval training involves cycles of high intensity bursts with low-to-moderate intensity recovery.

LIGHT AND LOW

Increase mobility, balance, range of movement and strength in this gentle conditioning Active Older Adults class. Uses light free weights, resistance bands, and a ball for coordination. Use of a chair is optional.

MUSCLE PUMP

Strengthening of all major muscle groups using dumbbells, body bars, steps, and risers

PILATES

Precise movements to lengthen and lean muscles, core strengthening of abdomen, lower back, and glutes.

SILVER SNEAKERS CLASSIC

Increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

STRENGTH TRAIN TOGETHER

Strength Train Together combines traditional strength exercises with functional training moves to make you fitter and stronger. The class uses an adjustable barbell, weighted plates & body weight along with dynamic & motivational music to make you sweat & take you to your personal best!

TABATA

A version of high intensity interval training that will drive your heart rate up during maximal-intensity 20-second exercise bursts followed by a 10 second recovery. Get the most bang for your buck with this aerobic and anaerobic system total conditioning workout!

WATER AEROBICS

Low impact, therapeutic, aerobic, and strength conditioning class.

YOGA SCULPT

A combination of light hand-weights and bursts of high-intensity cardio fused with traditional yoga poses for maximum strengthening, stretching, and calorie-burning.

ZUMBA

Cardio Hip Hop and Latin dance class. No dance ability or background is needed and routines can be adapted to any fitness level.