

ALL CLASSES ARE 60 MINUTES UNLESS OTHERWISE NOTED

CLASS FITNESS & SKILL LEVELS (SEE CALENDAR)
1: Novice 2: Intermediate 3: Advanced ALL: FOR EVERYONE

CARDIO CLASSES (Bring gym shoes)

Cardio Step - Strength Circuit - Fun and challenging step combinations, intense cardio work-out and strength training using weights, tubing, TRX and stretching. A non-stop, calorie burning cardiovascular "sweat" class.

Stepping experience recommended.

Zumba® Fitness - A feel-happy dance workout that combines a fusion of Latin and international music with unique moves and dynamic combinations that allow participants to dance away their worries. It is based on the principle that a workout should be "Fun and Easy to Do" while achieving long-term health benefits in both body and mind.

CSC / Cardio-Strength-Core... Safe, effective, FUN Cardio/Strength Core training. A moderate to high-intensity class. This combo class targets different muscle groups and provides a strength, cardio and core blast for a full body work-out! Be prepared to sweat and improve muscle tone! All Levels welcome!

MOVIN & GROOVIN Cardio Dance Easy-to-follow, safe, FUN, and challenging low-impact aerobic dance choreography strength training exercises building muscle and bones using hand-weights, tubing, TRX, the Barre and floor exercises. Core & stretching!! All levels welcome!

Tabata-Circuit Training - A Tabata style circuit- training class 20 seconds work/10 seconds rest. It targets different muscle groups and provides a cardio blast for a full body work-out! No experience necessary. (Levels 2-3)

Aerobic Dance -Strength-Balance - Learn fun aerobic easy-to-follow dance choreography & line dances. Safe strength and balance exercises for the entire body using hand-weights, tubing, Balls, TRX and the Barre.

STRENGTH, CORE & MAT CLASSES

TRX, Strength & Balance- TRX Suspension Straps using body weight exercises to develop total body strength, balance, and core stability. A standing only class (NO mat work), NO dancing!! Some TRX experience recommended.

Total Body Strength - The focus is on building strength, endurance and toning your entire body using hand-weights, tubing, TRX, the Barre and floor exercises. Learn proper technique with easy-to-follow, safe muscle, and bone building exercises. Lost some muscle tone? This class is for you!!! **(Bring gym shoes)**

Guts Butts & Stretch -_A mat class using body only. No equipment used. Safe and very effective floor exercises to strengthen abdominals, hips, glutes, and legs. Stretching included. All levels welcome.

Mat Pilates - An effective and safe mat class utilizing core exercises and gentle stretching. Pilates strengthens abdominals, glutes, hips and improves posture. All levels welcome.

Adult Barre & Ballet Basics - Principles of Ballet, Barre exercises and mat Pilates are integrated into each workout, improving strength, posture, and flexibility. Classic basic ballet class teaches fundamental ballet barre dance techniques with a professional dancer. ALL Levels welcome. **(Wear socks or ballet slippers)**

MIND-BODY & STRETCH CLASSES

Yoga Flow & Balance - Slower-paced Vinyasa Yoga Flow that integrates breathing, repeating a sequence of poses, strength-building, and meditation/relaxation. Balance Poses are taught and practiced with individual modifications. All Levels Welcome!

Yoga DEEP STRETCH - Practice relaxing STRETCHING and rejuvenating breathing techniques, proper form in posing and stretching with individual modifications. A positive, feel-good class for ALL levels of yoga practitioners.

Gentle Yoga & Joint Health - Open to all levels, especially for beginners, students with physical limitations due to injury or illness. Emphasis on improving flexibility, relaxation and reducing tension. The consistent practice of this series may help to relieve stiffness, arthritic symptoms and increase joint mobility and circulation.