

Class Descriptions

Barre –A fusion of Ballet, Pilates, and Yoga used to help you lean, strengthen, and tone your entire body. This format will use various equipment including chairs, barre, balls, bands, and hand weights.

Core Fusion- Get ready to tone and reshape, not only your core, but your whole body. Through gentle, non-impact, body weight exercises, the class utilizes small yet deep muscle contractions with no jarring or straining to stress your joints. You can feel the difference in minutes and see the dramatic results in a few short sessions.

Cycle– Come develop the energy you need to feel your best! Using power meters, you will receive instant feedback on how you can train more efficiently no matter what your goals are! This class is also a great way to cross train for your next race or just workout without sacrificing your joints.

HiLo Power- Come groove to the music as you strengthen your muscles and your cardio endurance! Our instructors will combine fun cardio moves with strength moves to create a comprehensive workout. Moves are choreographed to the music to keep you motivated the whole way through!

Kids Classes– Be it Dance, Yoga or Skills and drills these classes are for ages 5 and up. Our instructors are trained and ready to help the youth in our community learn about the importance of fitness, while having fun.- Parents are welcome to participate or wait outside the room.

Pilates– Using the body's own resistance, a series of movements are designed and performed to increase circulation, breathing, posture, and body awareness. Mat classes will incorporate small equipment such as bands, balls, Bosu's and small weights.

Power Tone– Build lean muscles and rev up your metabolism in our PowerTone classes. Here we will primarily focus on the use of resistance equipment including bars, steps, dumbbells and bands to help you get the results you want.

Recsanity- Where speed and agility training and HIIT meet. This is a 30 minute High Intensity Interval Training Class that incorporates speed and agility drills. If you are short on time but still want a workout that will push your limits this class is what you are looking for. Designed for the weekend warrior along with those wanting to keep up with their grandkids!

Step/ Multi-Step– Using a raised platform, risers and fun choreography, this class will get you into shape and make you feel great. Adjust your bench height to a fitness level that is right for you.

SilverSneakers ® Classic-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers ® Circuit– Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-

impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® Yoga- This will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tai Chi- Ancient Chinese martial art practiced for defense training, health benefits, and meditation. Relatively slow, rhythmic movements focus on breathing, balance, stress reduction, and achieving a natural balance of energy through inner peace.

TurboKick- Looking to give your old fitness routine a kick? Martial arts-style movements are woven into a cardio workout that is fun and challenging. Kick boxing is a great way to burn fat and increase cardio endurance.

Yoga- Six thousand years of Yoga enthusiasts can't be wrong. Indulge in a workout for the mind and the body. Build strength, gain flexibility and achieve better balance in an atmosphere that calms the body and soothes the soul. This class is designed for all levels whether you are new or been practicing for a long time!

Zumba – Ditch the workout and join the party! Combining Latin and international rhythms along with easy to follow dance steps Zumba creates a dynamic, exciting and effective fitness training system. No dance experience necessary. Cross train sneakers or dance shoes highly recommended.

321 Hiit- this class is a High Intensity circuit class where participants will complete 2 or more unique circuits consisting of 3 minutes strength, 2 minutes of cardio and 1-minute active recovery core.