

GROUP EXERCISE CLASS DESCRIPTIONS



STRENGTH – LIFTING

Athletic Strength: A full-body workout with heavy lifting and expert coaching. Focus on slow, controlled movements to build strength and power.

Kettlebell: Engage multiple muscle groups simultaneously in this strength-building class that emphasizes the use of kettlebells. Build muscle, endurance, and power.

Group Power: A challenging weightlifting class using barbells, plates and body weight. Build muscle and get stronger with each rep in this music driven workout.

Chair Strength – Senior: A chair-based workout focusing on strength, mobility, and flexibility. Perfect for those with balance issues or arthritis.

Functional Strength: A minimal-impact, workout that incorporates functional movements with balance, core work, and an extended cool-down. Perfect for active seniors and beginners.

Hard Core: A 30-minute class focused on strengthening your core through standing exercises, planks, and mat work. Great for preventing back pain and toning your midsection.

Heavy Lifting: A challenging class for those with some lifting experience, this class uses heavy weights and fewer reps to build muscle and improve technique.

Start with Strength: A full-body strength class using dumbbells, barbells, bands, and more. Build confidence and strength at your own pace. Great for beginners and lifters alike.

STRENGTH – CARDIO INTERVALS WITH WEIGHTS

Upper Body Blast: This high-energy class combines upper body strength training with cardio intervals to torch calories, build muscle, and boost endurance.

Rock Bottom: A lower-body conditioning class that targets legs, glutes, and hard-to-reach muscles for strength, flexibility, and endurance.

Weight Training Intervals: A challenging class that combines strength training and lifting with intense cardio (HIIT) intervals that boost strength, endurance, and cardio. A variety of equipment is used for a full body workout.

Bootcamp: A high-intensity workout that combines strength training, functional movements, and cardio to build power, endurance, and agility. Scalable for all fitness levels, this class challenges you to push your limits in a motivating, team-oriented environment.

CARDIO

Cycling (Spin): A music-powered cardio class that mimics outdoor cycling. Ride flat roads, climb hills, and race at your own pace.

Rhythmic Energy: An energizing cardio fitness dance class that boosts mood, flexibility, endurance, and muscle tone. Fun choreography to great music!

Young at Heart: Low-impact dance aerobics and mat exercises to improve strength, flexibility, and balance. Perfect for those looking for a slower-paced class.

Zumba: A dance fitness class that mixes high-energy rhythms with fun moves. Sculpt your body and burn fat while having a blast!

Pound: A cardio workout with drumming! Using weighted drumsticks, you'll burn calories and strengthen your body to upbeat rhythms.

SPECIALTY

Fit Lab: Try new and innovative workouts as instructors experiment with fresh routines. All levels welcome – your feedback helps shape future classes!

Boxing: Build your boxing skills with a focus on punches, footwork, and fitness drills. Whether you're a beginner learning the basics or an experienced boxer looking to refine your technique, this high energy class helps you progress from where you are at.

YOGA AND PILATES

Barre and Barre-less: A low-impact, full body workout inspired by ballet, yoga, and Pilates. Focuses on strengthening small muscle groups through high repetitions.

Buti Yoga: A fast-paced yoga class that blends plyometric movements and deep core work. Great for intermediate to advanced participants.

Gentle Yoga: A slower-paced class perfect for beginners or those looking for a more relaxed practice.

Meditative Yoga: A calming class followed by guided meditation to reduce stress and improve focus.

Pilates: A core-strengthening class that builds flexibility, endurance, and balance. Perfect for toning and sculpting your body.

Pilates/Yoga: A moderate intensity class that blends Pilates and yoga to build strength, improve flexibility, and gain balance.

Senior Stretch: A yoga inspired class using chairs for support. Simple stretches and movements to improve flexibility and mobility.

Yoga: A classic yoga class that improves flexibility, strength, and balance. Suitable for all fitness levels.

Yoga for Stress: A calming yoga class that uses breathwork, meditation, and gentle movement to reduce stress and anxiety.

AQUA AEROBICS

Aqua Aerobics: A fun, high-energy workout in the water that combines cardio, strength, and flexibility for a total-body workout.

Aqua Arthritis: Gentle exercises in the water to improve mobility, flexibility, and balance. Low-intensity movements help relieve arthritis symptoms.

Aqua HIIT: A fast-paced, 45-minute class that uses water resistance to improve strength, endurance, and heart health.

Adult Open Swim/Water Walking: Instructor-free time for swimming or walking at your own pace.

Aqua Zumba: A fun water workout combining Zumba dance moves with Latin rhythms. Dance, splash, and get fit in the pool!

YOUTH GROUP EXERCISE AND ENRICHMENT

Discovery Playground (Ages 3-5): A fun introduction to classroom activities through music, movement, crafts, and stories. Perfect for little ones to start learning and playing. Frog Street curriculum applied.

Fun & Fit (Ages 6-12): A class for kids that makes exercise fun with games and activities that improve strength, balance, and flexibility.

Little Tumblers (Ages 1-5): A play-based class with obstacle courses and movement activities. Great for kids to explore and build coordination.

Music and Me (Ages 0-5): A parent-child class where little ones explore movement and music to develop skills and creativity.

Tumbling Time (Ages 1-5): A free-play time for toddlers to explore, roll, and play in a safe space. Parents can relax and socialize while watching their kids grow.