

GROUP FITNESS CLASSES

Absolute Abs- Learn new ways to get your core in shape. This class will take you to your limit.

Athletic Challenge- 1 ½ hours includes Aerobics, Step, Kickboxing and Body Sculpting.

Boot Camp- Challenging circuit training designed to work you from head to toe.

Butts & Guts- One hour of targeting the abdominals and the gluteus muscles.

Cardio Bar-Defined Behind- Kickboxing, Cardio Groove, and Funk Aerobics-plus 31 exercises for your gluteus muscles!!

Cardio Intervals- Designed around 5 to 8 min. of cardio 3-5 min of muscle strengthening.

Cardio Kickboxing- Work's upper body as well as lower body with kicking a punching moves.

Cardio & Sculpt- Mix up the impact- low, middle, high add some weight training and get a super workout.

Muscle Works- Class uses balls, bands, weights, bars for an over all body workout

Pilates- Non-Impact exercises that help build, strengthen, lengthen and tone your core.

Pi/Yo- A mix of pilates and yoga- target the core and get all the benefits of yoga stretches.

Spinning- Hop on a studio bike and get a great cardio- non-impact workout.

Step- Great cardio workout! Simple choreography set to fun music.

Step 2- More advanced choreography or maybe use more than one step.

Step & Tone- Basic choreography and high energy music make this class a great workout for either the beginner or more advanced stepper. Varied upper and lower body toning exercises using the body bar and free weights follow the step portion; abdominal work will complete your full-body workout.

Turbo Step/ Advanced Pilates- 35 minuets of high intensity stepping followed by 25 minuets of advanced pilates moves.

Yoga- Connect with your mind, body, and spirit. Build stamina, flexibility, and concentration.

Zumba- Latin based fitness dance class- fun for everyone!!!!

Participants must be 16yrs of age or older to participate in-group classes. 12-15 year olds may participate if accompanied by an adult. All participants are encouraged to exercise at their own pace. Please refrain from entering class more than 10 minutes after start time for your own protection.

Class sizes are limited due to space availability.

All Zumba classes must have a minimum of 15 participants or class will be canceled.