



GROUP FITNESS

CLASS DESCRIPTIONS

IMPROVING FITNESS AND HEALTH, TOGETHER!

CARDIOVASCULAR TRAINING

Rhythmic and repetitive movements, raise your heart rate consistently for 20+ minutes, challenging the body to make energy, using aerobic and anaerobic systems. This training will improve energy levels throughout the day, and improve stamina and endurance with everyday work and tasks.

CLIMB!!!

This intense class achieves 15 minutes of running as well as 5-7 stair climbing intervals. Take it as slow or fast as you like and watch how your body adapts to this challenging workout.

CYCLE

Experienced cyclists to first-time riders are challenged to increase their endurance and burn calories in this high-energy, music-driven stationary cycling class. Interval training techniques, focusing on cadence, climbs, and sprints, and motivational strategies are used to simulate actual riding.

All bikes are equipped with SPD pedals to accommodate cleats in addition to straps for standard athletic shoes.

DANCE-FIT

This is a fun choreographed, hip hop style dance class that never stops making your heart pump and feet move to the rhythms.

ZUMBA

Instructor will lead you through a variety of Latin and international dance moves. Great music and motivating "party" atmosphere. This is a cardio class

KICKBOXING

This high-intensity, high energy class incorporates an interval training routine with kicks, jabs and punches with short bursts of moderate to high-intensity cardio moves.

STRENGTH TRAINING

Muscles work against force to improve muscle, strength, tone, and function. Trained muscles help balance joint action improving joint health. A body consisting of significantly more muscle tissue than fat, helps improve overall health and can help prevent disease.

R.I.P.P.E.D

Strength/Stamina-Resistance-Intervals-Plyometrics-Power-Endurance. Combine these components together into one full body workout class.

Y-BODY CUTS

Simple yet challenging movements utilizing barbells, free weights and a variety of other equipment that can be adjusted for your fitness level. Instructor will use movements that are simple to ensure safety and effectiveness. This class will target all major muscle groups.

TOTAL STRENGTH

Functional strength exercises that combine dynamic movements against force. These exercises are linked together to achieve a total body strength workout, that effectively trains balance, coordination, and stability, which enhances range of motion and joint health.

BARRE

Combines concepts of Ballet with traditional strength conditioning to create a flowing strength focused class that incorporate balance, coordination, range of motion, and muscle synergy. Total body strength, with an emphasis on lower body, hips, and core

GLUTES & ABS

Tone, sculpt and define the muscles in the lower half of the body, including the waist, hips and thighs.

A BALANCED WEEKLY FITNESS ROUTINE

A well balanced weekly fitness routine consists of a variety of training in a variety of effort levels. Alternating STRENGTH with CARDIOVASCULAR workouts helps keep your energy up, while increasing your strength. Adding in MIND/BODY workouts, increase muscle strength adaptations, lower the stress response, and increase physical awareness.

CONTINUED on the back

MIND/BODY

Increase focus and precision while improving range of motion, joint stability, and strength. Movements are specific and intentional to increase muscle elasticity, decrease muscle tightness and tension, and increase blood flow to improve physical recovery and restoration.

YOGA-Flow

Linking pose to breath, this practice flows from pose to pose, challenging the mind and body to work together in rhythm.

YOGA-Strength

A Great Class for beginners. Increase muscle strength and balance, pairing the ease of breath with longer holds, and challenge your stability and power with each pose. Correct alignment and function of each pose is also emphasized.

YOGA-Release

Yoga Release is a mind-body awareness practice that is far less strenuous than other forms. This relaxed version of yoga emphasizes mental relaxation through a series of breathing instruction and slow yoga stretches and poses.

PILATES

Created by Joseph Pilates, this method of exercise involves focus and precision combined with movement. Pilates mat-work is a challenging yet safe method to sculpt your body and to feel increased agility in your every day movements.

AQUATICS

Exercising in the water offers options, not available on land. Whether you're looking for HIGH or LOW effort, LOW or NO impact, being in the water can accommodate it.

AQUA-Blast

Water Exercise classes combine an cardio workout with strength exercises in the shallow and/or deep water. Increase endurance, core strength and flexibility. There is limited use of equipment.

AQUA-Intervals

A deep or shallow water workout, using athletic style movements to increase intensity for timed intervals segments, followed by easy movement, for recovery between intervals.

DEEP WATER FUSION

This low-intensity water workout offers exercises for every body part with no impact on the lower body. A buoyancy belt is required to create and maintain proper balance and posture.

HYDRO-Run

This high-intensity, no impact, water workout includes exercises for the entire body with no impact on the lower body. A buoyancy belt is required to create and maintain proper balance and posture.

PERFORMANCE

Sport specific training can prepare for a specific event, progressing performance of skills and increased effort.

CompuTrainer

The CompuTrainer looks like a normal bicycle trainer, but collects data every second that is computed and displayed on a screen right before your eyes. The system gives you instantaneous updates on power output, speed, gradient, distance, and other critical metrics that help you get the best workout possible! Not only have that, but the social atmosphere of the classes helped even the most trainer-weary riders look forward to indoor workouts.!

SWIM Academy

Training that prepares you for the swimming portion of a triathlon. Different workouts each week are focused on targeting different energy systems of the body. Beginner, Intermediate and Advanced Levels are available.