Group Exercise Class Descriptions

Core Training: 15 minute class consisting of abdominal and low back exercises.

Booty Barre: This workout fuses techniques from Dance, Pilates, and Yoga that will tone and define the entire body.

Chair Yoga: This class provides stress reduction, increased muscular strength, flexibility and endurance. You will be moving your body through a complete series of seated and standing yoga poses utilizing a chair. Final relaxation promotes stress reduction and mental clarity.

Dancing Boomers: This is a dance fitness class for the active older adult. It consists of easy to follow moves choreographed to a variety of music genres.

Enhance Fitness: This is an active older adult class which provides many benefits: It helps to maintain and/or enhance cardio respiratory fitness, muscle strength, balance and flexibility; reduces the risk of falls through dynamic and static balance exercises (important factors in preventing falls); maintains or improves physical functioning. Particularly among older adults who have functional impairments, such as Arthritis.

Evolve: The only thing constant is change! This workout will be switched up monthly; combining strength, conditioning using dumbbells, barbells and body weight with cardiovascular intervals featuring kickboxing, plyometrics, tabata training and more! Challenge your body to EVOLVE with each workout!

Focus on Fitness: Strength training for the active senior. Hand weights, elastic bands, small balls for gripping are used for resistance. Chairs may be used for seated/standing support.

Forever Strong[AOA]: This class utilizes various equipment, such as hand weights, resistance tubing, body bars, and stability balls for the Active Older Adult, or those just resuming exercise.

Healthy Back: Designed to improve the strength of the core muscles (abs, low back, glutes and hamstrings). Strength and stretching exercises are presented as well as breathing, which helps to promote relaxation.


Intro to Yoga: Slow gentle postures and movements. Emphasis is on breathing, balance, strength and flexibility. (You may use a chair)

Les Mills Body Attack: This class caters to everyone; total beginners to total addicts! The instructor will lead you through the workout that incorporates simple athletic movements. Both high and low-impact options will be presented. This means you choose the intensity. This class will challenge your limits!

Les Mills Body Combat: A martial arts based workout. It incorporates boxing, karate, TKD, Tai Chi, Muay Thai, etc... This is a high intensity workout.

Les Mills BodyPUMP: The original barbell class for absolutely everyone! The “Rep Effect” is the secret to achieving your fitness goals by using light to moderate weight, with lots of repetition. BodyPUMP gives you a total body workout that burns calories, shapes, and tones without building bulky muscles. Encouragement, motivation and great music will keep you coming back (and getting stronger!)

Les Mills BodyPUMP Express: A condensed BodyPUMP class. Biceps and triceps are combined. Shoulders and lunges are combined. This class will work the whole body in 45 minutes!

Les Mills Body Combat Express: 45 minute Body Combat class emphasizing cardio.

Les Mills CXWORX: A 30 minute core class designed to strengthen the abs, glutes, back, obliques and “slings” connecting the upper and lower body.

Moving for Better Balance: An 8 week Tai Chi program, focusing on “falls prevention”. Balance skills and good body alignment are emphasized by using flowing movements.
Morning Stretch: A series of seated and standing stretches. Yoga type breathing is incorporated to encourage relaxation.

NIA: This mind–body workout fuses martial arts, dance, and yoga movements. It is designed to quiet the mind, improve posture, enhance body awareness and cardiovascular fitness.

Piloxing: Uniquely blends the power, speed, and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a muscle sculpting, core–eccentric interval workout.

POUND: Each participant uses lightly weighted drumsticks, “ripstix,” to transform drumming into an effective workout. POUND combines cardio, conditioning and strength training, with yoga and Pilates inspired movement. It is a 45 minute workout.


STEP: A choreographed routine of stepping up and down on a rectangular platform (STEP). It is a great cardio workout and will tone your entire low body. It is also a great cross training activity for runners, cyclists and walkers. All levels are welcome.

Tai Ji Fit Fusion: Mindfulness in motion! It is a combination of the best elements of fitness, meditation and the ancient martial art of Taiji (Tai Chi). The class utilizes great music and a modern upbeat energy. The Tai Ji element is blended with low impact dance.

Tai Chi for Arthritis (beginner level) – Tai Chi is an ancient practice proven to improve mental and physical well-being. Using gentle Sun-style tai chi movements, it can help you reduce stress, improve breathing, develop balance, mobility and body awareness.

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

3-2-1 Body Blast: Warm up, followed by intervals – 3 minutes Strength – 2 minutes Cardio – 1 minute Abs, followed by a cool down and stretch.

TurboKick: A high intensity class combining martial arts and dance moves, set to great music. Finish with legs, abs and stretch.

Vinyasa Yoga: This class combines movement and breathing to maximize the flow of energy through Vinyasa poses. Focus on challenging the body through stretching, relaxation and breathing while holding postures. Flexibility, strength and muscle tone improves spirit/mind/body as they work together in harmony.

WERQ: Cardio dance fitness class based on current pop and hip-hop music. Easy to follow. For all levels.

Yoga: Challenges the body and mind through strengthening, stretching, relaxing, and breathing. Flexibility, strength, and muscle tone will continually improve as your mind, body and spirit work together.

Yoga Fit: Begins with conscience breathing techniques to calm the body and mind to prepare for class. Gentle warm-up stretches lead into a variety of yoga postures to challenge the body through stretching, relaxation and breathing while moving into postures. Flexibility, strength and muscle tone improves as students flow from one pose to the next in a quick 55 minute workout.

Yoga for Kids: (ages 5–12) Children will learn a variety of techniques and exercises to help them relax, build strength, increase flexibility and improve coordination.

Yogalates: A fusion of Pilates and Yoga. Strengthen and stretch utilizing a mind/body connection.

Zumba: The instructor will lead you through a variety of Latin and international dance moves. Great music and motivating “party” atmosphere. This is a cardio class.

Zumba Gold: Low impact Zumba.