

Class Descriptions

Amp'd Intervals: This body sculpting workout includes varying intensities of cardio and body weight intervals. The right mix for toning and tightening!

"B" Fit: Back to Basics and Beginner-Friendly! This low-intensity, low-impact aerobics class is suitable for those looking to improve their basic fitness level.

Chair Yoga: This gentle exercise class is the gradual way to improve your flexibility and joint mobility. Class will include seated stretches and yoga poses. Beginner-friendly!

Final Cut: This kick-butt, cut-to-the-core class targets your abs and glutes. Kiss your problem areas goodbye!

Power Yoga & Vinyasa Flow: Vinyasa/Power Yoga methods move with a quicker pace and dynamic flow. Both practices create a more athletic-based, challenging, strength workout.

Sunrise Yoga: Rise, refresh, and restore. Awaken to focus on the mind and control of your breath to rejuvenate strength and flexibility. The perfect way to energize your day!

Zumba: Join the party! Zumba is the hottest fitness craze around. Latin-flavor music and cool choreography make this class a favorite. No dance experience required.

Aqua Fit: Stay cool in the pool with this low-impact aerobics class. Suitable for all fitness levels. Swimming experience not required.

Boot Camp: This class is intense, with combinations of high-energy cardio and strength training challenges. Be prepared to work hard and torch those calories!

Circuit Training: Work in a circuit of multiple, timed cardio and resistance exercise stations that will keep you moving. Great for total conditioning!

Fit Rx: This total body class is the perfect prescription to get you totally fit! The balance of cardio, weights, and repetition will have you feeling and looking great!

Spin: Experience the thrill of indoor cycling in this motivating, heart-pumping class. Class size is limited to 20 riders. Tickets are issued at the Fitness Desk.

Yoga: Tap into the mind-body connection with this relaxing, traditional yoga class. Using your breath and holding postures to improve balance and flexibility while relieving tension and stress.

