

Class Description

Adv. Step: If you enjoy Step, this Step Class will take you to the next level. Come in, have some fun and challenge yourself with all you got.

Cardio Sculpt: This type of workout is an amazing method of getting an overall body-toning, strength workout and fat burning/calorie burning cardio workout all at once.

Insanity: Insanity is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance and core training. Time to dig deep!

Pilates: Total body conditioning exercise method that combines flexibility and strength to develop mind and body uniformity. Challenge yourself and leave this workout feeling renewed and refreshed.

Pump it Up: It is an endurance weight training workout toning every major muscle group in your body. This low impact resistance class uses body bars, weighted balls and resistance tubing.

R.I.P.P.E.D: This total body, high intensity style workout utilizes free weights, resistance, and body weight which masterfully combine the components of R.I.P.P.E.D – Resistance, Intervals, Power, Plyometrics and Endurance.

Silver Sneakers I (Muscle Strength & Range of Motion): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneakers Yoga Stretch: Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Yoga: Optimal Mind/Body fitness experience that is challenging, inspirational and fulfilling. Yoga postures and breathing techniques increase agility, flexibility, strength, endurance and energy level while promoting relaxation and stress reduction, thus creating a healthy exercise program to meet the unique needs of each individual.

Young @ Heart: Looking for a low impact workout, here it is a combination of Cardio, Muscle and Balance. Have fun on your way to better health.

ZUMBA: Party! This is a fun easy to follow Cardio Dance class combining high energy and unique moves that make you feel like you are partying on the dance floor.