

Anything Goes - Variety is the spice of life and so is this class! Instructors alternate every week, as does the class content. It will feature a combination of any of the following classes.

Awesome Abs - Concentrated abdominal workout targeting abs, obliques, and low back.

Beginner Step - Learn the moves in an instructional 30-minute class. It is a great place for beginners to acquire some of the basic steps performed in any regular step class.

Dance/Sculpt Fusion - Unleash waves of energy as you shimmy, shake, and move your body through a variety of dance rhythms blended with a touch of cardio inspired footwork and muscle toning. It is a 30-minute class suitable for all fitness levels.

Interval Aerobics - Looking for an awesome cardio workout? This class is for you! With intensity options for ALL fitness levels and music that moves you, this fun and challenging class combines heart-pumping, calorie-burning, easy-to-follow movements with brief periods of higher-intensity intervals designed to improve your cardiovascular endurance and overall fitness level over time.

Pilates - Total body conditioning exercise method that combines flexibility and strength to develop mind and body uniformity; provide balance, flexibility, and strength; improve posture; and focus on the powerhouse.

Power Conditioning - An all-encompassing workout designed to produce total body results. This fast moving workout conditions your cardiovascular system and nearly every muscle group in your body! This high-energy class links conditioning drills and muscle toning to provide you with a sweat you won't forget. No complicated choreography, just tough work.

SilverSneakers® I - Muscle Strength & Range of Movement - 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 with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SilverSneakers® YogaStretch - YogaStretch 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.

Step - Step up and move as this form of aerobic exercise utilizes an elevated platform of adjustable height or a special floor mat. While choreography, intensity, element, and style will vary, participants have an option to workout at their own level and ability.

Tai Chi - An ancient Chinese martial art form that integrates the body * mind to improve health, fitness, & relaxation. A low-impact, weight-bearing, body/mind exercise program with gentle, fluid movements that tone & strengthen muscles; improve balance, flexibility, and posture; promote good energy flow and heart & lung functions; and reduce stress.

Tai Chi for Health - A specifically designed exercise program approved by the Arthritis Foundation to relieve the chronic pain of musculoskeletal conditions & rheumatic diseases such as arthritis, fibromyalgia, and lower back pain. The movements are slow & gentle and include range-of-motion, flexibility, strengthening, and breathing exercises. The level of exertion can be adjusted to almost anyone's physical condition.

Traditional Dance Aerobics - Fun, choreographed aerobic routines take you back-to-basics with "old school" aerobics. For this class, there is no equipment needed to move your body to the music, and get a great heart-pumping, calorie-burning aerobic workout. Options for all fitness levels.

10/10/10 - Challenge your Abs and Buns in a whole new way! The combined workout will help with trunk and postural stabilization followed by stretching, to improve flexibility and reduce stress.

20/20/20 - Focus 20% Step Aerobics, 20% Butts & Guts, 20% Strength.

TurboKick® - This workout includes a sport specific warm-up, bouts of intense interval kickboxing specific strength/endurance training (easy-to-follow combinations) and a cool down. It combines movement patterns, combinations and techniques specific to the ancient sport of Muay Thai Boxing.

Yoga - Optimal Mind/Body fitness experience that is challenging, inspirational, and fulfilling. Yoga postures (asanas) and breathing techniques (pranayama) 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 At Heart - Combine Fun with Fitness to increase your cardiovascular and muscular endurance with this standing low-impact workout.