

Group Exercise Class Descriptions

BLT – Complete focus on the lower body using bands, dumbbells, balls, body bars and body weight exercises.

Body Weight Training – use your own body to create strength and improve your fitness. Great for ideas for when you can't make it to the gym or need ideas to exercise during the commercials of your favorite TV program.

BodyBar – Focus on strengthening the entire body using a variety of exercises incorporated with the use of a weighted body bar.

Bootcamp – This is an interval class that is meant to challenge and improve cardiovascular fitness, strength, balance and coordination. This is a great start to the morning no matter what your fitness level since options are available.

Bunz 'N Gunz – The name says it all ... the focus of this class is biceps and gluts!

Cardio Craze – A class which incorporates high and low impact aerobics to give you a well-rounded and challenging cardiovascular workout.

Chisel – Use weights and calisthenics to sculpt and shape muscles.

Complete Core – Challenge the core muscles in your abs, back, hips and gluts in this intense and dynamic workout.

Drums Alive® - Using drum sticks and stability balls with powerful and motivating music and drumming rhythms that will get your feet stomping and your body moving.

Family Fitness – Bring the whole family for a fun workout that you all can do together!

Fit Over 50 – A lower intensity full body workout that is also great for those just starting at the gym.

Fitness Yoga – Yoga postures known as asanas are dynamically flowed together to strengthen, stretch and relax.

Interval/Interval Training – A great calorie blaster and you move through various stations, levels of intensity and durations.

Healthy Backs – A variety of exercises and movements to increase the strength in a generally weaker area of the body; the back.

Heavy Ball – Safe and effective pre-weighted medicine balls are used for intense and dynamic sculpting. This class strengthens the entire body.

HipHopHustle® - Burn up the dance floor & calories too with this blend of hip hop & dance moves that are simple & easy to follow.

Water Wonder – Experience a change of pace in this water workout. This class incorporates a combination of weight resistance and cardio in the pool.

Pilates – Work to strengthen the muscles that support your spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body.

PiYo® - A nice mix of mind and body, balance and strength and athleticism fluidly combined into a total body lengthening session.

Spin Interval - Alternate stations between cardio intense spinning and muscle strengthening interval sessions for a challenging full body and system workout.

Stability Ball – This moderate to advanced level class uses a large stability ball and focuses on balance, core strength and sculpting for both the upper and lower body.

Strictly Strength – Just hard work that will push you to the max. A great free-weight workout that challenges your entire body.

Total Conditioning – Total body workout focusing on strength, agility, flexibility and heart rate training.

Turbokick® - Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! You'll love having fun and losing weight. It won't even seem like you're working out.

Workout Wonder – This class is strictly the instructor's choice but will be a great workout.

Zumba® - The program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to want to work out, to love working out, and to get hooked.