

CLASS DESCRIPTIONS:

Body Sculpt: A full body workout that focuses on muscular strength as well as muscular endurance. High repetitions using handheld weights and/or resistance tubing will increase definition without building bulk. This is a non-cardiovascular class focusing on muscular conditioning. All levels welcome.

Bosu Circuit: The “Bosu” balance trainer is used in this circuit training class combining cardio and strength movements for a full body workout. Bosu training is about expanding movement capabilities, reshaping bodies and strengthening minds. The class adapts to the fitness level of the student.

Cardio Circuit: Make the most of your one hour workout with this class. While building muscular strength and endurance you also get your cardiovascular training all at the same time! There are modifications for all exercises so all levels are welcome to join in.

Latin Low Impact: Move your body to latin rhythms for a fun low impact workout. This class will improve your cardio fitness and co-ordination.

Let's Ride: This is an aerobic class that takes place on a specially designed stationary bicycle. As you pedal motivating music plays and the instructor guides you through a series of hills, sprints and jumps. Regardless of your fitness level you can finish this class by adjusting your pace or the tension knob on the bike.

Low Impact: A fun workout designed to improve cardiovascular fitness with 30 to 40 minutes of high energy routines followed by abdominal exercises.

Low & Sculpt: A low impact cardiovascular workout consisting of 30 to 40 minutes of cardio followed by strength training exercise utilizing handheld weights and rubber tubing.

Pilates Mat: Based on the teachings of Joseph Pilates, this mat pilates class is a full body workout focusing on core training, posture and alignment. Slow progressive exercises work strength and flexibility in a balanced routine for the mind and body.

Step: A high intensity cardiovascular workout using the Reebok step. The platform can be adjusted to your fitness level. The class includes 30 to 40 minutes of stepping followed by abdominal exercises.

Step & Sculpt: A well rounded workout performed on the Reebok step with 30 to 40 minutes of fat burning followed by muscle toning exercises.

Stretch: A one hour class designed to increase flexibility, improve sports performance and reduce the risk of injury.

Strong Women: A class designed to make strength training accessible to those who are new to muscle conditioning. Simple, strong moves are used for a full body workout that focuses on muscular strength and endurance. You can modify the workout by using lighter or heavier weights. All levels are welcome.

Yoga: A challenging workout using static and fluid postures to increase your flexibility and maintain range of motion in your joints. This class creates a stronger body while releasing stress and tension. All levels welcome.

Yoga Fusion: A class incorporating challenging elements from yoga and mat pilates to sculpt and tone every muscle in your body. Improve your body awareness as we flow through exercises and poses to quiet the mind and strengthen the body. Open to all levels.

Zumba: A class that combines high energy and motivating music with unique moves and combinations. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The “feel-happy” workout that is great for the body and mind.