



AB LAB-This class is just what you've been asking for! It specifically targets the torso, muscles in the abdomen and those in the lower back. Welcome to the Lab! Develop and define your six-pack!



AQUA FIT 1- A co-ed class designed for the “beginner” to improve joint flexibility, increase muscle strength, coordination and endurance. (Indoor heated pool)



AQUA FIT 2- A co-ed class developed for those that are ready to add a little intensity to their water workout and includes cardiovascular training as well as strength, endurance and flexibility. (Indoor heated pool)



H2O 4 ARTHRITIS-Developed especially for people with arthritis, this class helps many stay fit while reducing arthritis pain. (Indoor heated pool)



CIRCUIT- Use your body’s resistance, dumbbells, barbells, slide boards, bands, balls, jump-ropes & BOSU. 1-3 minute pre-set circuit stations. Circuit format options include; all cardio stations, all strength stations or a combination of both cardio and strength stations. Move non-stop, station to station for maximum fat burning



CARDIO KICKBOXING-A no-contact format that features a powerful series of combinations that include jabs, hooks, upper-cuts, blocks, kicks, knee-strikes and jumps. Finish with standing abdominal work and a short cool down/stretch. You can burn over 400 calories in this class!!!!



DOUBLE BALL PILATES- Work through exercises to strengthen and engage your core muscles utilizing the stability ball and mini-ball. Learn a variety of Yoga and Pilates methods that will challenge mind and body as well as your core “powerhouse” muscles. Benefits include increased body awareness, improved balance, posture and coordination.



GENTLE TAI CHI- A blend of modified Tai- Chi movements that improve balance and coordination. Graceful aging 50+



GROUP CYCLE- Feel the music. Raise your pulse to the max! Bring rhythm to your ride. Whether you’re a serious cyclist or just starting out, this class is a great way to cross train with maximum calorie burn!!



GROUP POWER- 60 min barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music & awesome instructors. With simple, athletic movements such as squats, lunges, presses & curls. Group Power is for all ages and fitness levels. Discover results, discover Group Power!



HIGH ENERGY ATHLETIC TRAINING- No grapevines, no dance choreography, just non-stop intervals of exercises that improve your stamina, power, agility, strength, speed, cardiovascular levels & more. A cardio-vascular/resistance training/ply metric EXTREME workout! Feel the heat! (Burn an average of 500 calories)



PILATES SCULPT- A class designed to improve the strength, stability and mechanics of the abdominal and back muscles (your “powerhouse”) using Pilates based exercises as well as traditional flexibility and toning exercises with bands and balls.



CARDIO CIRCUIT- We combine fun and fitness to increase cardiovascular & muscular endurance power with a seated/standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles is alternated with non-impact choreography. The use of a chair is offered for support, stretching and relaxation exercises.



MUSCULAR 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. Equipment used includes; balls, Hand-held weights, elastic tubing with handles and a chair is used for seated and/or standing support.



CARDIO FIT-Ideal for members wanting a low-impact cardio workout combined with strength and optional floor work stretching, Cardio Fit includes fun, easy-to-follow exercises to increase cardiovascular and muscular endurance. This class is perfect for a safe, energizing routine to strengthen your heart and improve overall body conditioning



STEP- Move over the step, across the step up and down and even around the step with energizing combinations sure to give you a great workout!



YOGA-We focus on the fundamental postures & combine breath with movement in order to build strength and flexibility.



SLIDE-Slide boards have been a favorite “off-ice” and “on-dry- land” training tool for years. Get in prime shape for skating and skiing with this time tested classic. Develop lateral strength, power and endurance & Improve balance, agility, speed and flexibility. Limit 14 participants only!! Limited equipment! First-Come-First-Serve.



ZUMBA -A dynamic & exciting class full of Latin and exotic music flavors! It targets areas such as butt, legs, arms, abs and the most important muscle of the body, the heart. (60min) NO FLIP FLOPS! Wear tennis shoes with smooth soles.