

FITNESS CLASS DESCRIPTIONS – classes subject to change!

BURNIN' BANDS

Burnin' bands will use only bands to work mainly the lower body – but may have some upper body as well. Different levels of bands are available, perfect for any fitness level!

CARDIO CIRCUIT/BEGINNING CARDIO & STRENGTH CIRCUIT

A mix between cardio and strength training to blast fat and sculpt muscle. Exercises can be modified for higher or lower intensity. All fitness levels welcome!

INDOOR CYCLING

One of the best low impact workouts available, our indoor bikes can be perfectly adjusted to suit your fitness level. Our classes will familiarize you with the techniques of bicycling while providing a fun group experience. Cycling Circuit incorporates strength exercises mixed in with the cardio training.

BUILD AND BURN 30

Build & Burn 30 is a fast-paced, 30-minute workout designed to build strength, boost cardio endurance, and fire up your core — all in one efficient class. Using a Tabata-style format of 20 seconds of work followed by 10 seconds of rest, you'll move through a variety of exercises and equipment that can be modified for any fitness level. Each class features new movements and challenges to keep workouts fresh, motivating, and effective. Whether you're looking to increase strength, improve stamina, burn calories, or simply feel stronger and more energized, Build & Burn 30 lets you push at your own pace while being encouraged by a high-energy group atmosphere. Come ready to sweat, move, and leave feeling stronger than when you walked in.

FITNESS FUSION

Short on time? No Problem! This class hits a little bit of everything by fusing cardio and strength into a 30-minute class so you leave feeling accomplished.

KICKBOXING/CARDIO

Sweat it out in this fun class that combines boxing basics and aerobics. Lots of jabs, kicks and punches! Get strong, get toned, and get fit! All fitness levels welcome.

PILATES

An emphasis on movement quality, posture, and breathing makes Pilates a safe, challenging and revitalizing workout. This class focuses on developing core stability and overall toning. This class may also encompass stability balls, bands, and more!

QIGONG (pronounced "Chi gong")

All fitness levels are welcome in this meditation in motion class, Gentle exercises involving movement and breathing. This class will help improve flexibility, balance, and lower body strength.

SENIOR CIRCUIT TRAINING

These aerobic classes are low impact, designed with special consideration for the senior population and include cardiovascular, flexibility, and strengthening segments that may be performed standing or in a seated position. Chair Yoga is another aerobics class available for seniors.

STRETCH & MOBILITY

Join us for this low intensity stretch and mobility class. Using mostly body weight, this class will focus on recovery after exercise and increasing flexibility, toning, and strength.

FITNESS WALK

Fitness Walk is a fun, low-impact workout designed to get your body moving, your heart rate up, and your energy flowing. This class combines purposeful walking with intervals of strength, balance, and light cardio movements to improve endurance, mobility, and overall fitness. Perfect for all fitness levels, Fitness Walk allows participants to move at their own pace while enjoying a supportive and encouraging atmosphere. Whether you're just getting started on your fitness journey or looking for an active way to stay healthy, this class helps build stamina, increase daily movement, and leaves you feeling refreshed and accomplished. Comfortable shoes, positive energy, and a willingness to move are all you need!

TAI CHI

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body. All fitness levels welcome!

TONE & STRETCH

A combination of core & strength exercises followed by stretch combinations from yoga and dance. Leave the class feeling relaxed and an inch taller!

TOTAL BODY TONING/TOTAL BODY CIRCUIT/HIIT

Get strong and toned with our Total Body Circuit class! Focusing on total body movements, building strength, and incorporating cardio for a well-rounded workout. This class incorporates weights, bands, and various forms of equipment, for a unique workout experience each week!

YOGA

- **Chair Yoga:** This yoga class is specifically designed for seniors, and is a great way to ease stress, increase flexibility and strength, and stimulates the mind, body and spirit while sitting comfortably in a chair.
- **Stretch & Strengthen:** This class will kick your flexibility and strength into high gear! A powerful and fun combination of core and full body strengthening poses followed by some repetitive lengthening poses to stretch those tight areas out. Get ready to feel those muscles working.