

Body Sculpting: Use resistance equipment (stability balls, hand weights, resistance tubing) to strengthen and tone each muscle of the body.

Boot Camp Circuit: Athletic drills and maneuvers to increase muscular and cardiovascular endurance; mixed with strength stations to increase muscular strength. Get a great head-to-toe workout without a lot of choreography to follow.

Kickboxing: Incorporate martial arts with large movements to raise your heart rate and increase cardiovascular fitness. Punching bags are available to enhance the workout. Finish with some yoga-based stretches and a mind-calming segment!

Low Impact Interval: Large rhythmic movements to increase the heart rate and work the cardiovascular system interspersed with strengthening exercises for major muscle groups.

Parent/Child Yoga: Children, ages 5-8, with a parent, practicing yoga poses, breathing techniques, and postures. Class is modified for young minds.

Pilates: The focus in this class is to strengthen the core (torso) as you work through various exercises. Through breathing techniques and mental awareness applied to the exercises you'll improve posture, flexibility and overall strength.

SilverSneakers® Muscular Strength & Range of Movement (Level I): Variety of exercises designed to increase muscular strength, range of movement, and activity for daily living in older, active adults. Hand-held weights, elastic tubing, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit (Level II): Fun and fitness combined to increase cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work is alternated with non-impact aerobic choreography. A chair is offered for stretching in a relaxed and comfortable position.

Spinning: Stationary cycling done in a group setting with music and an instructor who guides you up the hills and through the flat roads. Modify your own intensity at any time. Please be sure to bring a water bottle with you and arrive 10-15 minutes prior to class start time.

Step: Large, choreographed movements on an adjustable height platform to elevate your heart rate. Following the step portion, you'll strengthen / tone muscles using resistance equipment.

Water Aerobics: Large rhythmic movements done in water to increase heart rate and improve cardiovascular fitness. The resistance of the water adds toning and strengthening element.

Yoga: Traditional yoga poses utilizing breathing techniques for muscular endurance, flexibility, mental focus, and relaxation. Yoga is defined as the "union of breath, body, and spirit".

Zumba®: Various music styles and dance moves from around the globe combine to create a Latin party atmosphere where the primary objective is fun, but do not discount the cardiovascular work involved!