



Body Sculpting – Focus is on toning and strengthening muscles throughout the body using weights, tubing, stability balls, body weight, etc.

Boot Camp – Kickboxing in addition to basic calisthenics, jumping jacks, jumping rope, and resistance work combined to give your body a great cardiovascular workout as well as muscular strength and endurance.

Interval (Step or Low Impact): Cardiovascular work interspersed with strength work. The heart rate stays elevated as you do the resistance work.

Low Impact - Aerobic dance type class that keeps feet on the floor and impact to a minimum. The focus is on cardiovascular work followed by strength / toning work.

Low Impact Cardio/Step Cardio – Same as regular classes, but does not include toning.

Basic Step – Same as the regular step classes, but the choreography and movements are kept more basic and easy to follow.

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 is to strengthen the core through breathing techniques and mental awareness. You will improve posture, flexibility, and overall strength.

Power Sculpting – Very similar to Body Sculpting but some movements are done faster or in a more advanced way. Several body parts are often working in unison for a very efficient workout.

SilverSneakers® Muscular Strength & Range of Movement (Level I) - Variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills 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.

SilverSneakers® YogaStretch - complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Stability Ball –Working with stability balls improves proprioceptive awareness and balance as you stretch and strengthen all muscles of the body, especially the core (torso).

Step – Moving up and down on an adjustable height platform in choreographed routines. The primary goal is cardiovascular conditioning. A toning segment is also included.

YogaLates – The best of both worlds; combine the core stabilization of Pilates with flexibility of yoga.

Yoga – Traditional yoga poses utilizing breathing techniques for muscular endurance, flexibility, 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!

