

GROUP FITNESS

CLASS DESCRIPTIONS

STEP AEROBICS:

Burn calories, build stamina and strengthen your heart with this fast paced classic!

STEP FUSION:

Come join us for some step drills with a variety of modalities toward the end of the hour!

TOTAL BODY:

This is a full body weight lifting class targeting all muscle groups! Strengthen, tone and burn calories using barbells, dumbbells, stability balls and benches. This class is perfect for all fitness levels!

SPIN:

Cycle yourself into shape with this low impact, high intensity workout. Great music and a motivating instructor are the perfect combination to help you reach your fitness goals!

WATER AEROBICS (AQUA):

Water aerobics is a fun, safe and effective way for all ages and fitness levels to work out! This class is highly recommended for beginners, pregnant women and anyone recovering from an injury! This is a low impact workout using water as resistance to building strength!

HIIT (HIGH INTENSITY INTERVAL TRAINING):

Challenging and modifiable, this class is great for all fitness levels! Using low and high intensity intervals, you will definitely sweat and burn a ton of calories!

STRENGTH & CARDIO:

Lots of weights and cardio, this class is tailor-made for those wanting to build muscular endurance or strength; it's perfect for everyone!

YOGA:

Traditional yoga with stretching, strengthening and core work!

YOGA FLOW:

Build your strength and flexibility with a heat inducing series of movements. You will gain body awareness and train your muscles to release the deepest tension. This is a yoga class for people who find traditional yoga boring!

CHAIR YOGA:

While sitting in a chair or using it for balance we build strength, flexibility and mobility through yoga stretches. We may also use a variety of props including straps, blocks, weights and therapy bands.