ACTIVE OLDER ADULTS H2O: Class offers shallow water aerobic workout to warmup, followed by stretches to improve flexibility. Increase aerobic capacity, improve flexibility, and enhance relaxation through the properties of water. This class may include beginner level water resistance exercises. Water shoes recommended.

ACTIVE OLDER ADULTS PILATES: Focuses on basic Pilates moves to enhance strength, balance and flexibility.

ACTIVE OLDER ADULTS STRETCH: A stretching and strengthening class for Active Older Adults designed to increase strength and range of motion.

ACTIVE OLDER ADULT STRENGTH: This strength class takes you through a variety of exercises designed for active older adults. Increase your muscular strength and range of movement, helping with activities of daily living. Exercises may use hand-held weights, elastic tubing with handles and a ball for resistance.

ACTIVE OLDER ADULT YOGA: A blend of three Yoga styles performed from a seated and standing position to enhance energy created in combination with restorative breathing exercises. Designed for our Active Older Adult members.

BODYCOMBAT™: An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, Taekwondo, tai chi and May Thai.

BODYJAM™: A cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and the hottest new sounds puts the emphasis as much on having fun as breaking a sweat.

BODYPUMP™: This barbell class will sculpt, tone and strengthen your entire body, fast. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

BOOTCAMP: This is a challenging, highly structured, athletic-based class with no choreography involved. The class incorporates plyometric training and physical military moves.

CARDIO COMBO: This class includes a variety of cardio exercise: step, hi-low, BOSU, running, jump rope or other innovative cross-training techniques.

CARDIO MUSCLE CONDITIONING: 30 minutes of cardio exercise (rotates each week: treadmill, elliptical, step, etc) with 30 mins. of strength training.

CARDIO STRENGTH: This cardio conditioning class could include step, hi-low, BOSU, kickboxing, running, jump rope or other innovative cross-training techniques.

CARDIO STRENGTH INTERVALS (CSI): Incorporates intervals of cardio endurance and muscle conditioning to create a fitness training experience. Improve overall fitness, agility, speed and athleticism in this high-intensity class.

DEEP WATER: This is a complete cardio workout using buoyancy belts. Zero impact, simple movements and a challenge with the resistance of the water make this a class for all levels.

FAMILY GROUP EXERCISE CLASSES: Family classes are available in Zumba®, Yoga, Bootcamp and Body Combat. Please see our schedule for ages. A parent must attend Family designated classes with their child.

FOAM ROLLER: Using your own body weight and a cylindrical foam roller, learn self-massage techniques to release and break up trigger points and soothe tight muscles and fascia while increasing blood flow and circulation.

H2O COMBO: A combination of shallow water, modified deep water and toning exercises. Traditional stretching and toning exercises are included to increase strength, improve flexibility and enhance relaxation.

INSANITY®: Cardio and plyometric drills with intervals of strength, power, resistance, and core training. Long bursts of maximum-intensity exercises with short periods of rest.

KICKBOXING: Strength, endurance and interval moves are all part of this workout. Kick, punch and jab in this upbeat workout that improves overall fitness, coordination and stamina.

LINE DANCE: Line Dancing isn’t just country/western anymore! It’s modern, urban sophistication, swing syncopations, flowing waltz and nightclub rhythms, and Latin flavor. Dance choreography in lines—but with the look and feel of ensemble dancing. No partners needed.

MAT PILATES: A conditioning program that improves muscle control, flexibility, coordination, strength and tone. Based on proper breathing, good posture and intense concentration, the exercises are performed on a mat and can make use of other equipment (i.e., BOSU, medicine balls).

MAT SCIENCE: A fusion of yoga, Pilates, core & stabilizing techniques. Increase strength, flexibility and balance of the entire body.
MUSCLE CONDITIONING: Build muscle strength and endurance with techniques that use barbells, dumbbells, balls and tubes. Finish off with a great stretch.

NIA® (NEUROMUSCULAR INTEGRATIVE ACTION): Blends martial arts, dance, low impact & healing arts for a high energy, cardiovascular workout. No experience necessary.

OPEN YOGA: Get a complete body stretch including strengthening and relaxation.

PILOXING®: Non-stop cardio class that uniquely blends standing Pilates, power boxing and exhilarating dance moves that will push you past your limits!

PIYO®: Class combines techniques and movements from Mat Pilates and Yoga.

POWER MAT: An intense full body mat workout that infuses strong core Pilates inspired exercises at a cardio-pumping pace.

POWER PUMP: Increase strength and metabolism by working all the major muscle groups using weights, tubing and swiss balls.

POWER YOGA: Has all the elements of yoga; emphasizes stretching, strengthening, and mind focus.

R.I.P.P.E.D.™: Resistance, Interval, Power, Plyometrics, Endurance, Diet: set to jamming music with easy to follow routines. It’s a time-efficient one stop body shock system—a total body workout with a variety of formats within each session.

RPM™: The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.

SENIORCISE: An overall workout at a comfortable pace. In addition to cardiovascular conditioning and toning, special emphasis on balance, joint range of motion, and flexibility.

SILVERSNEAKERS® CLASSIC: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

SPINNING®: Indoor cycle classes simulate outdoor riding with sprinting, hill climbing and other techniques. Classes may also include core work.

SPIN® AND STRENGTH: Indoor cycling with intervals of core strength training.

STEP: Enhance your cardio endurance in this high energy class. Workouts are choreographed to offer full body exercise with movements on and around a step. Benefits also include improved coordination and balance.

STRETCH: This class gives you to tools needed to keep your range of motion and muscle flexibility.

TAI CHI: Develop strength, flexibility, and coordination with an emphasis on achieving greater mental awareness, self-confidence, and calmness.

TRX®: Born in the US Navy SEALS, TRX® Suspension Training is a method of leveraged bodyweight exercise. Perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries.

TWINGES 1: Focuses on gentle range of motion and joint mobility in the water. Designed with seniors in mind.

TWINGES 2: Introduces deep & shallow water exercises. Designed with seniors in mind.

WATER AEROBICS: Enjoy this low impact, traditional water workout, in shallow water.

WATER JOG: An aquatic workout that is more beneficial than running on land. The water resistance provides muscular toning and strengthening and also reduces muscle soreness. Perfect for those looking to take their workout to another level as well as those looking for a great rehabilitation workout!

YOGA: Yoga builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

ZUMBA®: This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn!

ZUMBA GOLD®: Designed for the active older adult, the true beginner and/or people who are not used to exercising. The main difference from regular Zumba® is this class is done at a lower intensity.