

Class Descriptions and Difficulty

All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest. Regardless of ranking, all classes can be modified to meet the needs of the participants.

revised 09/12/2017

Group Exercise Age Policy

- Must be 10+ years old to participate in select Group Exercise Classes, see specific age requirements for each class.
- Youth ages 10-15 must complete the Youth Fitness Orientation and obtain a wristband each visit.
- Youth under the age of 15 years must have a parent/guardian present in the class.

Full Body Cardio and Fat Burning

Tight N' Tone (2): Mix your cardio and muscle strength training to see results. This class is for ALL fitness levels. We will get your heart rate up and build your body at the same time. The primary focus will be on core and glute toning and strengthening. Ages 10+

Turbo Kick® (3): Practice your boxing punches and martial arts kicks to an aerobic pace. This class will get your heart pumping and your mind working with fun and effective choreography. Great for all levels. Ages 12+

BodyPump™ (3): This is the original barbell class that strengthens your entire body. It will challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you want! Ages 12+

BodyPump™/BodyFlow™ (2): A half hour of each Les Mills classes with time for weight set-up and relaxation. A perfect class for someone just starting out or interested in either of the classes. Leave feeling strong and centered with a full body workout. Ages 10+

Boot Camp (3.5): This is a total body strength and conditioning workout. The focus will be on strengthening the body's muscles with short bursts of cardio to get the heart pumping. This group class will push you to a level you might never reach on your own! Ages 12+

Spin (3): Class combines endurance and strength building techniques to improve your fitness and maximize power output and efficiency. 13 spin bikes available per class on a first come first serve basis or bring your own bike and trainer to class. Ages 12+

BodyAttack™ (3.5): This sports-inspired cardio workout is perfect for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Ages 12+

Tabata (3.5): A type of high intensity interval training (HIIT) that follows the following format- 20 seconds of high intensity exercise followed by 10 seconds of rest, repeat 8 times for a total of 4 minutes per exercise. Ages 16+

BodyCombat™ (3.5): BodyCombat is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Ages 12+

HIIT (3.5): High intensity interval training is designed to help you burn more fat, increase endurance, and build strength! The workout includes 30-60 second bursts of high intensity exercise followed by a period of low intensity exercise. Ages 16+

Kettlebells (4): Kettlebell training is unique because you can train both cardiovascular and anabolic systems in one go. Simply put you can increase your overall fitness and tone up your muscles. You will burn fat, tone muscle, and increase cardiovascular endurance. Participation is limited to 8 per class. Please obtain a class pass from the Welcome Center no more than 30 minutes prior to the class. Ages 15+ (Age 15 must have parent/guardian present)

TRX (4): The TRX Suspension Trainer leverages gravity and your bodyweight to perform hundreds of exercises. You are in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. TRX training will build strength, flexibility, balance, and mobility all at the intensity you choose. Participation is limited to 8 per class. Please obtain a class pass from the Welcome Center no more than 30 minutes prior to the class. Ages 15+ (Age 15 must have parent/guardian present)

Seniors

Wii® Sports (1): Have a great time participating in Bowling, Baseball, Golf, Tennis and Boxing on the Nintendo Wii®.

SilverSneakers® Classic (1): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Yoga (1): Yoga will move your whole body through a complete series of seated and standing 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 final relaxation will promote stress reduction and mental clarity.

Zumba® Gold (1): Zumba® is known for zesty Latin music (salsa, merengue, cumbia, and reggaeton) the exhilarating, easy-to-follow moves, and the invigorating, party-like atmosphere. This class is the perfect fit for active older adults who want camaraderie, excitement, and fitness as a regular part of their weekly schedule. It's a dance-fitness class that feels friendly, and most of all, fun.

Strength II (2): A high level class for members wanting to work on muscle endurance and core strength. This class works with a variety of resistance tools. Participants must be able to get on the floor for mat work.

Yoga

Stretch (1): Stretch is a total body stretching class which includes all major and minor muscle groups, designed to improve overall flexibility and balance. You can expect gentle stretching to enhance a greater range of movement. Good for all fitness levels. Ages 10+

Yoga (2): This non-purist yoga class is specifically designed for fitness enthusiasts of all ages and levels. We will integrate mind and body through yoga poses for total performance with focus on strength, conditioning, and flexibility. Ages 10+

Long & Lean (2): A fusion (blend) of Pilates and Yoga with an emphasis on the core of the body to strengthen the Abdominals, improve posture, stabilize and elongate muscles and to improve all over balance and strength from the inside out. All levels of fitness welcome as modifications will be given. Mats are provided. Ages 10+

BodyFlow™ (3): This Yoga, Pilates, and Tai Chi workout leaves you feeling long, strong, centered, and calm. It's your personal time out from the stress and strains of daily life. It will truly enhance your physical and mental well-being. Ages 10+

Zumba/Dance

Zumba® (2): Dance your way to a fitter you! Exciting and unique Latin choreography and rhythms are combined with hip-hop and international music to make a workout that is fun every time. If you can march, you can Zumba®! Ages 10+

WERQ Dance (2): WERQ Dance is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. Each week a couple new routines are introduced, so you get to WERQ the routines you know and challenge yourself with ones you're learning. Ages 10+