

Class Description

Each class includes a warm-up, abdominal exercises and a cool-down with flexibility. Because the warm-up is vital in preparing the body for exercise, we recommend you be on time for class to prevent injuries. If at any time you do not feel well during class please notify your instructor immediately. Not all classes are available year around.

Have a great work out and most important - listen to your body!

BEGINNING YOGA

Learn the basics about stress release through meditation, visualization, yoga stretches and correct breathing.

BOOT CAMP

Ready for a change? Whether you are just beginning a fitness routine, advanced or just tired of the same routine; this sports-conditioning-based class will have you feeling like an athlete in no time! This total body workout uses a variety of stations, cardio and resistive moves as well as an assortment of equipment (steps, bands, sprints, etc.)

CARDIO-CRUNCH

This versatile and upbeat class incorporates sweat pumping cardio, weights, and resistance to help you tone up and slim down. A challenging 15 minute ab session will strengthen and tone your core to improve all other areas of your fitness! Come challenge yourself and see what a good workout can do for you!

Circuit Training

Stations set up for 1-2 minute intervals alternating cardio and weights. A great way to tone and sculpt your body.

Pilates

This class concentrates on abdominal strength to help protect the lower back and define your waist. It also will tone your lower body; sculpt your shoulders and arms; and promote balance, coordination and flexibility.

PiYo

A Pilates/Yoga class includes exercises with stability balls, Pilates circles and dumbbell weights. This class works on the body's core, the center of power. It will also sculpt the whole body and will include breathing, as well as include relaxation exercise techniques to form a complete mind/body workout.

POWER YOGA

A vigorous and powerful approach to yoga using Anusara, Ashtanga, and Hatha styles of yoga. The workout will focus on building muscle tone and stamina, while increasing flexibility, and improving balance.

Step & Power Pump

A total body workout that uses weight bars, dumbbells, steps and other equipment to work every major muscle group. Using lots of reps and lighter weights, you will strengthen, tone and define your body. Choreography set to upbeat music using a step to create an intensified workout. Try it, you'll love it!

Tae-Kwon-Do

A form of martial arts that teaches self-control over body and mind, as well as enhancing self-confidence. It focuses on muscular and cardiovascular endurance in preparation for competing in regional tournaments if so desired.

Tai' Chi

A moving meditation the helps build strength and increase flexibility and balance. T'ai Chi is one of today's hottest workouts for relieving stress and increasing relaxation. Designed for any fitness level.

Vigor, Tone & Mightier Bone

This class is designed for adults over the age of 55 who are interested in increasing their strength through resistive training (dumbbell & bands).

Yoga

The workout will focus on building muscle tone and stamina, while increasing flexibility, and improving balance.