Cardio Kickboxing (Alternating Wednesdays 6:30–7:30pm)
No bags, no gloves, just a killer workout. A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout.

Core (Mondays 4:30–4:55pm)
Work the entire core with a focus on the abdominal area and low back in this short but effective class.

Functional Strength (Mondays 5–5:25pm; Wednesdays 5:15–5:45pm)
Build total body strength to improve your performance in all activities of daily living with the use of dumbbells, resistance bands and/or body weight.

SS Classic (Mondays/Wednesdays 1–2pm; Tuesdays/Thursdays 8:30–9:30am and 9:30–10:30am; Fridays 9:30–10:30am)
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity in daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography.

Step (Mondays/Wednesdays 9:30–10:30am)
Structured movement using a step with adjustable risers offers a workout to get the heart pumping and the muscles stronger.

Stretch and Balance (Fridays 9–9:30am)
This class helps keep your joints flexible, prevent stiffness and reduce your risk of falling and injuring yourself.

Trek N Tread (Wednesdays 6–6:30pm)
This class is held out in the cardio area of the gym on a treadmill. An instructor take you on a journey with hills, runs, sprints, strength phases and endurance challenges. You will have the opportunity to use speed and incline to challenge yourself and get better results.

Yoga (Mondays 6:30–7:30pm; Thursdays 6–7pm; Saturdays 9–10am)
This mixed-level yoga class improves strength and flexibility through concentrated breathing and stretching poses while focusing on proper body alignment.

Zumba (Mondays 5:30–6:30pm; Tuesdays 6–7pm; Alternating Wednesdays 6:30–7:30pm)
Effective body sculpting movements mixed with easy to follow, fun dance steps, inspired by upbeat Latin music and dance styles.