



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Class Descriptions

30min Express Zumba: A shorter version of our popular Zumba class. Ditch the workout, join the PARTY! (Cardio)
Awesome Abs: Come sculpt those abs and shed some pounds in this targeted workout! (Strength/Cardio)
Beginners Spin: Entry level Spin class for beginners (Strength/Cardio)
Beginners Step: Entry level Step Class for beginners (Strength/Cardio)
Beginners Yoga: Entry level Yoga Class for beginners (Mind/Body)
Body Conditioning: Designed to target every part of your body. Includes some introductory kickboxing. (Cardio)
Drums Alive!: Combine movement with the powerful beat and rhythms of drumming on stability balls for an amazing brain and body workout! (Cardio)
Cardio Sculpt: A class designed to get your heart pumping and shed those pounds. A full body workout! (Cardio)
Family Fit: Fun workout to enjoy with your kids 8 and up! Free childcare for nonparticipating siblings (Strength/Cardio)
Healthy Habits: Ongoing month-long classes that focuses on making good choices, recipes, and all aspects of Healthy Habits. \$20 for Members, \$40 for Nonmembers
Hi/Lo Aerobics: Get your heart pumping with total body aerobics. Classes modified to meet all levels. (Cardio)
HIIT: High Intensity Interval Training - This class combines strength training with cardio bursts. (Strength/Cardio)
Kettlebell & Bodybar: Get fit using both the weighted body bars and kettlebells for a tough workout. (Strength/Cardio)
Kickboxing: A hardcore total body conditioning class using punches, kicks & other kickboxing moves. (Cardio)
Line Dancing: Have fun and move to the music with this easy-to-follow line dancing class! (Cardio)
PUMP it Up!: This 60-minute workout challenges all of your muscle groups by using exercises such as squats, presses, lifts and curls. (Strength)
Silver & Fit: Designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. (Cardio)
SilverSneakers® Classic: Have fun & move through exercises designed to increase strength, range of motion & activities for daily living. (Cardio)
Silver Sneakers® Cardio: Work with weights, tubing with handles, and a ball. This class requires you to stand for the majority of the class. (Cardio)
Step & Abs: Get your heart rate up while working on your cardio and toning your abs. (Strength/Cardio)
Sculpt & Tone: Get your heart rate up while working on your cardio and toning your whole body. (Strength/Cardio)
Spin: Enjoy a fun and challenging indoor cycle workout! All levels welcome! (Cardio)
Stretch & Balance: Use various equipment to increase balance and the flexibility of the entire body. (Mind/Body)
Synergy Circuit Mania: Circuit weight training and cardio with Personal Trainer Michelle (Strength/Cardio)
Triple Step: Step workout using three aerobic steps. Come prepared to sweat. (Cardio)
Yoga: All welcome! Poses help develop balance, coordination and flexibility with breathing techniques to enhance strength and unwind. (Mind/Body)
Zumba®: A FUN way to join dance with exercise. Ditch the Workout, Join the Party!!! All levels and ages welcome. (Cardio)