

GROUP EXERCISE:

BALL CLASS

- * Build strength, flexibility and balance

FUSION FITNESS

- * High intensity, short burst circuit training
- * Exert energy, work together, get blood pumping
- * Stations of cardio, strength, plyometric and core training focus

Dumbbells and Ponytails

- * Full Body, Core Strength Training Class strictly for females
- * Female Instructed

HIP-HOP FITNESS

- * Dance, sweat and burn calories while learning while moving to up beat Hip-Hop music
- * Learn new dance moves while working on your health

STEP INTERVAL

- * Incorporates intervals of movements on and around a step
- * Enhances your cardio endurance, strength, coordination and balance
- * Each interval provides a new challenge

YOGA

- * Combines posture, breathing and focus *Promotes strength, flexibility, stamina, balance, and deep relaxation of mind & body
- * Each instructor will bring their own unique style to their class

Tai Chi (Virtual – Beginner)

- * Gentle introduction to basic Tai Chi movements
- * Improve balance, flexibility, and coordination
- * Focus on breathing, relaxation, and stress relief
- * Slow, easy-to-follow instruction in a supportive environment

GROUP CYCLING:

Cycling is a great way to exercise and improve your cardiovascular endurance. We offer classes for all fitness levels (all classes are 30-45 minutes in length). Each 30-45 min session can burn anywhere from 250-350 calories!

GROUP WATER:

AQUA Fitness

- * Low impact, high-energy aquatic exercise
- * Aqua Fitness blends the Dance fitness with water resistance
- * Less impact on your joints
- * Water creates natural resistance, which helps tone muscles

DEEP WATER AEROBICS

- * Invigorating class to increase your sense of well-being through muscle toning
- * Zero impact class due to being in the deep water
- * Must be comfortable in the water to participate in this class

RUSTY HINGES

- * Shallow water workout
- * Focuses on range of motion, flexibility and light cardio
- * Non-impact with resistance
- * Great for arthritis and joint pain and/or recovering from an injury