

Group Fitness Class Descriptions

No need to sign up for these classes! Just show up for any one you like, as often as you would like. Group Exercise classes are included in your membership. Participation is on a first come, first served basis, so come early to claim your space and set up. Have no fear if you are a beginner. Every class welcomes new participants. We have options to suit a range of basic and more advanced training.

Unless otherwise noted, all classes are 55 minutes and include time for proper warm-up and cool down. Please bring a water bottle and a small towel. For safety reasons, do not come into class after the first 10 minutes unless you have warmed up. Make sure to wear comfortable clothing and supportive footwear. Cross training or studio shoes provide the best support for most classes. Pilates and Yoga are practiced without footwear.

Cardio



All Cardio classes are taught to accommodate both low and high impact fitness participants.

Cardio Countdown – This easy to follow class features powerful athletic moves and no dance choreography.

Step – Get motivated with this high energy and easy to follow workout. It incorporates creative combinations on a step platform.

Cardio Kick – This perfectly choreographed and high energy class is a combination of kick-boxing and dance moves. Enjoy a unique blend of intervals, strength/endurance training, and a relaxing cool-down.

Zumba® - Get a sizzling cardio workout! Using the latest dance moves, you'll shimmy and shake to the hottest Latin and international music. No dance experience necessary.

Cardio / Strength Combo

3-2-1 – This Interval Training workout alternates 3 Minutes of Strength, 2 Minutes of Cardio and 1 Minute of Abs. Feel the burn in 3-2-1!

Metabolic Effect - Maximize the calories you burn with this high-intensity class. You'll get a lean body and mean metabolism with four challenging exercises that will make you sweat.

Muscle Mixer – Muscle Pump meets Step! Alternate segments of barbell muscular strength and endurance with powerful moves on the Step.

Tabata - This class is designed to maximize your workout in the least amount of time. Alternating between 20-second intervals of fat-burning exercises followed by 10 seconds of rest will show you some amazing results!

Cardio Dance Tabata – A mixture of choreographed dance & Tabata done in an alternating format.

Muscular Strength & Endurance

All Muscular Strength & Endurance classes are total body workouts. All strength workouts should be limited to 2-3 times a week, with a day of rest (no strength training) between each session. Do not attend these classes consecutively. Give your muscles time to rest and recover!

Body Defined - A resistance training class with an emphasis on toning the muscles of your entire body using a variety of modalities - dumbbells, resistance tubing, balls and body weight.

Healthy Back – Prevent back pain through gentle strengthening and stretching of back and abdominal muscles. Improve posture and movement quality and keep your spine flexible and strong.

Minute Mania – Time will fly as you do 1 minute of 25 different exercises, followed by another set of those same exercises.

Muscle Pump - This barbell workout challenges all your major muscle groups, improves your strength and also your endurance. Expect to do numerous squats and lifts with adjustable weights.

The Build Up – Tone and strengthen Legs, Upper Body and Abs using dumbbells, exercise tubing and your own body weight for high repetition/resistance.

Unbeliev-a-Ball - Experience this total body workout challenge using a stability ball and various resistance equipment! Gain heightened postural awareness, spinal stabilization and trunk strengthening.

Mind / Body

Mats are provided but you may wish to bring your own. Yoga classes are practiced barefoot and include standing and mat movements. Please be prompt and do not enter class after the door has been shut.

Vinyasa Yoga - Vinyasa, which means breath-synchronized movement, combines a series of flowing postures with rhythmic breathing for an energizing mind – body workout. It's a great way to increase balance and core strength, stretch, relax, and decrease stress.