

Class Descriptions



Aikido – Description and registration form available at the Front Desk.

Boot Camp (All fitness levels) – Get the most out of your exercise time by taking this aerobic and anaerobic interval class. Everyone is encouraged to work at their own energy level.

Express Boot Camp (All fitness levels) – A 40 minute aerobic and anaerobic interval challenge. Everyone is encouraged to work at their own energy level.

Butts & Guts (Beginning to Intermediate) – A 30 minute workout focusing entirely on the abdominal and gluteus muscles.

Extreme Butts & Guts (Beginning to Advanced) – An hour long workout incorporating lunges, squats, etc. 1st half hour standing work; 2nd half hour is mat work.

Cardio Kick-Boxing (Intermediate to Advanced) – A dynamic, high energy, low/high impact aerobics class combining self defense moves with fun choreography that strengthens upper body with punches, jabs, and variations of kicks.

Fun Step (Intermediate to Advanced) – Step for the intermediate to advanced stepper, using a single step with complex combinations and slightly faster speed than a basic step class.

Quad Step (Intermediate to Advanced) – Take those Fun Step moves onto four shared benches. Work together with classmates to ensure a fun, energized class.

Gymnastics – Class descriptions and registration forms available at the Front Desk.

Indoor Cycling (All fitness levels) – Cardiovascular workout on a stationary bike, emphasis on lower body.

Cycle to Pump (All fitness levels) – First half hour is cycling and the second half hour is pump.

Karate & Ninjas in Action – Class descriptions and registrations available at the Front Desk.

Pilates (All fitness levels) – This mat class focuses on the core of your body by working the small stabilizing muscles of both the abdominals and back.

Pump (All fitness levels) – A progressive strength training workout using body bars, tubing, and dumbbells while incorporating squats, lunges, and step-ups to develop lower body strength. All major muscle groups will be targeted.

Cycle to Pump (All fitness levels) – First half hour is cycling and the second half hour is pump.

Yoga (All fitness levels) – Challenging, yet relaxing for your body and quieting to your mind, simplified and de-mystified basic principles of yoga.

Gentle Yoga puts more emphasis on the quiet relaxation aspect of Yoga.

Power Yoga (Intermediate to Advanced) – Challenging & rigorous, designed to increase strength, flexibility and release tension.

Yoga/Pilates (All fitness levels) – The strength training of Pilates meets the flexibility training of Yoga. Class is sure to be both a challenge and a stress reliever.

Young at Heart (Beginning to Intermediate) – Easy to follow low impact aerobics for a half hour followed by a half hour of weight, lower body, and abdominal work. Geared to the “above 39” age group.

Zumba (All fitness levels) – Routines feature interval training where fast and slow rhythms are combined to sculpt the body, burn fat, and make exercising fun. Add some Latin flavor and international zest to the mix, and you’ve got Zumba!