

GROUP EXERCISE CLASS DESCRIPTIONS



STRENGTH – LIFTING

Athletic Strength: A full-body workout with heavy lifting and expert coaching. Focus on slow, controlled movements to build strength and power.

Chair Strength – Senior: A chair-based workout focusing on strength, mobility, and flexibility. Perfect for those with balance issues or arthritis.

Functional Strength: A minimal-impact, workout that incorporates functional movements with balance, core work, and an extended cool-down. Perfect for active seniors and beginners.

Group Power: A challenging weightlifting class using barbells, plates and body weight. Build muscle and get stronger with each rep in this music driven workout.

Hard Core: A 30-minute class focused on strengthening your core through standing exercises, planks, and mat work. Great for preventing back pain and toning your midsection.

Kettlebell: Engage multiple muscle groups simultaneously in this strength-building class that emphasizes the use of kettlebells. Build muscle, endurance, and power.

Start with Strength: A full-body strength class using dumbbells, barbells, bands, and more. Build confidence and strength at your own pace. Great for beginners and lifters alike.

Strength and Sculpt: We lift heavy, move with purpose, and build real-life strength using functional movements—in a supportive, feel-good space.

Strong Mama: Strength training designed to support your changing body—before and after birth.

STRENGTH – CARDIO INTERVALS WITH WEIGHTS

Bootcamp: A high-intensity mix of strength, functional movement, and cardio that builds power and endurance—scalable for all levels in a motivating, team-based environment.

Rock Bottom: A lower-body conditioning class that targets legs, glutes, and hard-to-reach muscles for strength, flexibility, and endurance.

Row Strength: Blends rowing with strength intervals to build endurance, power, and cardio fitness.

Upper Body Blast: This high-energy class combines upper body strength training with cardio intervals to torch calories, build muscle, and boost endurance.

Weight Training Intervals: Combines strength training and lifting with intense cardio (HIIT) intervals that boost strength, endurance, and cardio. A variety of equipment is used for a full body workout.

CARDIO

Cycling (Spin): A music-powered cardio class that mimics outdoor cycling. Ride flat roads, climb hills, and race at your own pace.

Rhythmic Energy: An energizing cardio fitness dance class that boosts mood, flexibility, endurance, and muscle tone. Fun choreography to great music!

Zumba: A dance fitness class that mixes high-energy rhythms with fun moves. Sculpt your body and burn fat while having a blast!

SPECIALTY

Boxing: A high-energy class to build your boxing skills, with a focus on punches, footwork and fitness drills. Great for both beginning and experienced boxers.

FIT Lab: Try new and innovative workouts as instructors experiment with fresh routines. All levels welcome – your feedback helps shape future classes!

YOGA, PILATES, AND MINDFULNESS

Barre: A low-impact, full-body workout inspired by ballet, yoga, and Pilates. Focuses on strengthening small muscle groups through high repetitions.

Buti Movement: A fun, high energy fusion of yoga, dance, and dynamic movements set to energizing beats. This upbeat class combines mindful flow with rhythmic motion and core focused strength.

Gentle Yoga: A slower-paced class perfect for beginners or those looking for a more relaxed practice.

Meditative Yoga: A calming class followed by guided meditation to reduce stress and improve focus.

Pilates: A core-strengthening class that builds flexibility, endurance, and balance. Perfect for toning and sculpting your body.

Pilates/Yoga: A moderate intensity class that blends Pilates and yoga to build strength, improve flexibility, and gain balance.

Senior Stretch: A yoga-inspired class using chairs for support. Simple stretches and movements to improve flexibility and mobility.

Yoga: A classic yoga class that improves flexibility, strength, and balance. Suitable for all fitness levels.

Yoga for Stress: A calming yoga class that uses breathwork, meditation, and gentle movement to reduce stress and anxiety.

Strengthen & Stretch: A fun and energetic class that combines light strength training with deep stretching to improve flexibility, core stability, and overall body balance. Great for all fitness levels.

Sound Therapy: Experience deep relaxation and healing through the soothing vibrations of crystal and brass singing bowls.

Movement & Meditation: A 45-minute class combining 10–15 minutes of gentle stretching and self-massage with guided meditation to help you relax, reset, and restore.

Sunday Stretch: A quick, feel-good session to improve flexibility, ease tension, and leave your body feeling refreshed and relaxed. Great addition to the Sound Therapy class that follows.

AQUA AEROBICS

Adult Open Swim/Water Walking: Instructor-free time for swimming or walking at your own pace.

Aqua Aerobics: A fun, high-energy workout in the water that combines cardio, strength, and flexibility for a total-body workout.

Aqua Arthritis: Gentle exercises in the water to improve mobility, flexibility, and balance. Low-intensity movements help relieve arthritis symptoms.

Aqua HIIT: A fast-paced, 45-minute class that uses water resistance to improve strength, endurance, and heart health.

Aqua Zumba: A fun water workout combining Zumba dance moves with Latin rhythms. Dance, splash, and get fit in the pool!

YOUTH GROUP EXERCISE AND ENRICHMENT

Discovery Playground (Ages 3–5): A fun introduction to classroom activities through music, movement, crafts, and stories. Perfect for little ones to start learning and playing. Frog Street curriculum applied.

Fun & Fit (Ages 6–12): A class for kids that makes exercise fun with games and activities that improve strength, balance, and flexibility.

Game Time (Ages 6–12): A playful class where kids work together through games and activities that build teamwork, communication, and confidence—all while having fun!

Little Tumblers (Ages 1–5): A play-based class with obstacle courses and movement activities. Great for kids to explore and build coordination.

Music and Me (Ages 0–5): A parent-child class where little ones explore movement and music to develop skills and creativity.

Taekwondo (Ages 6–12): Youth Taekwondo is a high-energy group fitness class that builds strength, discipline, and confidence through martial arts training in a fun, supportive environment.

Tumbling Time (Ages 1–5): A free-play time for toddlers to explore, roll, and play in a safe space. Parents can relax and socialize while watching their kids grow.