

Class Descriptions (formats and classes on schedule are subject to change)

Ab Lab: 15 minutes of concentrated abdominal/back work.

Ab Plus: 30 minutes of concentrated abdominal/back work.

AB Solution: Concentrated abdominal and core work followed by a deep stretch.

Adrenaline: Feel the rush! This fast paced & intense workout delivers maximum aerobic and anaerobic benefits in only 45 minutes.

Alignment & Flow Yoga: Focus on correct alignment on poses which are then put into flowing movement and postures.

Ashtanga Yoga: A vigorous, aerobic, challenging yoga practice that encourages strength as well as flexibility. Previous yoga experience required.

Basic Step: Basic step choreography with few turns.

Body Pump: Les Mills Body Pump is the original barbell workout that strengthens your entire body. Squats, curls, great music, awesome instructors. Reservations required.

Bootcamp: Includes segments of cardio and resistance training using various pieces of equipment. Drills have a military emphasis.

BOSU: Cardiovascular, strength, endurance and core stability training utilizing the BOSU (both sides up) Integrated Balance Trainer.

Cardio Boxing: A cardio workout incorporating kicking and boxing moves.

Cardio Blitz: A fun, energetic & upbeat cardiovascular workout that will elevate your heart rate and melt the calories away.

Cardio Dance: Cardio workout with a dance emphasis.

Cardio Combo: A cardiovascular workout with varying monthly formats that may include: sports conditioning, tabata, step, Zumba®, cardio boxing and more.

Cardio Core: Emphasizes engagement & stabilization of deep core muscles. May include the use of weights, resistance and other balance tools.

Cardio Core Attack: Cardiovascular-based class with intervals of core conditioning. Class will focus on increasing balance, strength, flexibility and endurance.

Circuit/Strength Xpress: Stations alternating cardio, conditioning and sports moves.

Core Strength: Strengthen and stretch the deep muscles of the core using a variety of equipment. Promotes stability and flexibility.

Fat Blaster/Tabata 45: Based on scientific research by I. Tabata, this class utilizes high intensity interval training that is extremely time efficient for maximum fat and calorie burning. Simple movements/exercises for 45 minutes. All members are welcome.

Gentle Yoga: Specifically designed with the needs of mature adults in mind.

Happy Hour: A different format each week. Come prepared to sweat and to be surprised.

H2O Aerobics: Cardio and muscle workout in the pool.

Heart Centered Yoga: Combines biomechanics and celebrating the good in each student and every pose.

Hi/Low: A cardio workout with a blend of high and low impact.

Intervals: Alternating cardiovascular and/or muscular strength segments of exercise for a whole-body, high intensity workout.

Introduction Classes: 6 weeks of "how to" classes. A different format every week including: Step, LIFT, Zumba®, Studio Cycling, Yoga, and Water Aerobics.

Intensity: High Intensity Interval Training for muscular, cardio and endurance development. Must meet certain physical requirements to join.

Intense-Camp: High Intensity Interval Training specifically geared toward fat and weight loss.

Intense Rush: High Intensity Cardio Interval Training pushing you past your upper end aerobic zone.

Jr. Dance Fitness: Fun hip hop, jazz and fitness conditioning for ages 6-12.

Jr. Fitness: Drills, skills, relays and games for ages 6-12.

Jr. Sports Challenge: Fun sports related drills, skills and relays for ages 6-12.

Karate: Improve flexibility, conditioning, balance and strength through expert instruction.

Kundalini Yoga: Dynamic vinyasana (flow) style of yoga done with rhythmic breathing.

LIFT: Muscular strength and endurance using a bar system with a weight ranging from 3-63 lbs. Appropriate for all fitness levels.

45-LIFT: condensed to a 45 minute class.

Low Impact: A cardio workout that minimizes impact. Muscle conditioning and abdominal work included in this class.

Low Impact Step: A cardio workout that minimizes impact utilizing both floor & step. Muscle conditioning and abdominal work included in this class.

Mighty Mites: 30 minutes of exercise and fun for ages 3-5. Children must be potty-trained.

Meditation: Different techniques to help you develop meditation practice.

Muscle Hour: Strengthening work using a variety of resistance equipment that may include the Ball, BOSU, or CoreBoard, Medicine balls and other balance equipment.

Nia: A non-impact dance fitness program that blends dance, yoga, martial and healing arts with world music.

Nia/Yoga: Combination of non-impact dance & exercises that focus on balance, stress release and flexibility.

Pilates Mat: Focuses on core strength, alignment and breath, especially targets abs, back, hips, and shoulders.

Pilates Fundamentals: The basic form and principles of Pilates, gentle, focused, and educational class.

PregnaFit: Pre-natal class for any stage of pregnancy and postpartum. A health care provider medical release is required to participate. Open to Non-Members, \$15/class.

Restorative Yoga: Quiet yoga to calm the mind, relax the nervous system, and boost the immune system.

Salsa Aerobics: This fun Latin dance class features Samba, Merenge, Cha Cha, No partner necessary.

Senior Workout: Cardio and conditioning.

Sports Challenge: Using a variety of equipment, this class works on cardio, strength, agility and mobility. Take the challenge.

Step: Cardiovascular training with a step. Level I = Beginner; Level II = Intermediate; Level III = Advanced (previous step experience recommended).

Step/BOSU: Combination of cardio endurance on the Step and Core stability on the BOSU. Options are given for those who choose not to use the BOSU.

Step Intervals: A combination of cardio step and muscle conditioning.

Stretch & Strengthen: Promotes joint flexibility and stability and muscular strength.

Vigorous Yoga: A more challenging and vigorous yoga practice. Not for beginners.

Water Walking: Low level aerobic water walking with upper body conditioning.

Yoga Combo: 1/2 hour of Cardio Combo followed by 1/2 hour of beginning/intermediate hatha yoga.

Yoga Hatha: A form of exercise that focuses on balance, stress release and flexibility.

Youth Martial Arts: Traditional self-defense & discipline taught through fun & exciting martial arts techniques.

Zumba®: A cardiovascular dance workout to Latin style music.

STUDIO CYCLING

All Terrain: A variety class with combinations of all formats, team drills or visualization rides.

ATTA - Anaerobic Threshold Training for Athletes: High intensity HZ class designed to increase AT in conditioned exercisers. Focus on cadence & high resistance. Heart Rate monitors/sub max test required.

Cadence: Focus on developing a smooth, efficient pedal stroke at different resistance levels.

Cycle Circuit: Cardio workout alternating cycling with resistance training.

Cycle Lite: Low to Moderate intensity. An orientation for the novice rider or a recovery ride for veterans.

Endurance: Longer duration drills with emphasis on sustained tempo riding.

HZ Class format is based on and incorporates training with a heart rate monitor.

Heart Zone: Individualized cardio training using a heart rate monitor.

Intervals: Cardiovascular training incorporating specific work/recovery ratios.

Power Ride: Higher resistance work combining speed and strength with a focus on quad and hamstring recruitment and core stability.

TRIAD: 90 minute class. 30 minutes Cycling, 30 minutes muscle conditioning and 30 minutes yoga/stretch.