



Class Descriptions



De-stress What better way to start your weekend? Stretching and quiet time will set you up for a very relaxing day.

Flow Yoga A mainstream fitness yoga that keeps you flowing through yoga poses helping you to tone muscles, gain flexibility and relieve stress. Yoga is great for all levels and ages, and those seeking relief from stiff or tense muscles and low back pain.

Pilates Mat Challenge your core while learning to control balance, posture and body alignment. Learn how to tone your abdominal region while also working the back, lower and upper body.

Pilates Sculpt Enjoy the benefits of Pilates mat techniques while incorporating light weights, balls, and bands for toning and definition.

Strength Fusion Building muscle is key to speeding up the metabolism and getting lean. Our strength training classes are known through the triad for working out your entire body from head to toe. Get a safe workout and learn the basics of strength training and proper form.

Kettlebells A total body workout using one of the newest and most effective tools in fitness! Kettlebells are cast iron weights with handles at the top. Kettlebells use weighted movement to strengthen the entire body while increasing core stability in the back and abdominals, and to develop sustainable and functional strength. Along with cardio intervals, kettlebells are a fabulous calorie burner! 20 minutes of kettlebells can equal an hour on the treadmill. There are a limited amount of bells so come early!

Step Interval Combines moves around a raised platform with strength training segments. Burn calories, have fun!

H.I.T. (High Intensity Training) Using a combination of cutting edge techniques including kettle bells, bosu, medicine balls, and intense cardio intervals, you will learn just how strong and tough your body can become. This class is designed for the fitness enthusiast that wants maximum results through this challenging class.

Boot Camp- This class is a team effort! You push each other as a unit. Inside and outside facilities are used (weather pending) to kick your metabolism into gear. Team initiated repetitions (one falls behind, you all pick up the slack), circuits, group runs, and line drills are what make this class unique. Expect to be coached, pushed, yelled at, and stretched to your limits. Mind over matter is the key to this class. Have some fun, and join 'The Unit' in Boot Camp Class!

ZUMBA (Ladies only) This class combines high energy and motivating music with unique Latin-inspired moves and combinations that allow participants to dance away calories and stress! Ditch the workout... JOIN THE PARTY!!!

Kickbox Fitness This interval style workout blends the best movements from kickboxing and fitness classes to create the ultimate workout. By hitting heavy bags you pound away fat while burning up to 800 calories per class.

Sizzlin' Seniors Add years to your life and life to your years. Get moving in this class designed for the senior population. Fun music, fun moves combining appropriate strength and cardio training.