

CLASS DESCRIPTIONS

Aqua Fitness
Aqua Fitness combines cardio and strength movements to maximize the resistance of the water.

Aqua Zumba
This class combines Latin music, dance, aerobics, and fitness interval training in the water!

Barre-less Barre
Barre-less Barre is a high intensity, low impact class that will help improve your balance and core strength by performing classic barre movements without the assistance of a barre.

Cardio Step
Enjoy a stimulating and fun class that combines STEP aerobics, abdominal exercises, weights, and stretching.

Core Pilates
Each class works to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with every movement.

Explore the Gym
Discover new workouts as we explore different pieces of equipment in the gym.

Fit & Strong
This class integrates strength, cardio, flexibility, and balance work. It is appropriate for those getting back to fitness or those wanting to maintain their current fitness level.

Gentle Yoga
This relaxing and gentle class brings a strong focus to breathwork and mindful movement. It is an excellent way to increase strength and flexibility in mind, body, and spirit.

Indoor Cycling
Orientation required before first class
This non-impact cardiovascular workout takes place on special stationary bikes. Participants work at their individual fitness levels.

Tabata
This fun, fat burning, complete body workout uses interval training, weights and your own body weight to build cardiovascular endurance and body strength.

Total Body
This total body workout uses strength and cardiovascular training while combining resistance, intervals, power plyometrics, and endurance exercises.

TRX
Come enjoy a boot-camp style workout on the TRX! This class involves various strength and cardio intervals designed to challenge your body to the limit.

Turbo Kick
This fat-blasting, ab-defining cardio workout is a mix of kickboxing and simple dance grooves set to dance music. It will have you looking forward to your next workout!

Zumba
This fusion of Latin and International dance moves is a fun and effective workout. Classes feature aerobic interval training with easy-to-follow dance steps that will get you moving!

KEY

- Indoor Cycling
- Other
- Aquatics