

Beginning Fit

Silver Sneakers Circuit®: Combine fun & fitness to increase your cardiovascular & muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles & a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching & complete relaxation in a comfortable position.

Silver Sneakers Classic®: Have fun & move to the music through a variety of exercises designed to increase muscular strength and range of motion for daily living skills. Hand-held weights, elastic tubing with handles & a ball are offered for resistance & a chair is used for seated and/or standing support.

Stick To The Beat: Music driven rhythmic drumming for a fun cardio workout!

Zumba Gold: Modified Zumba class that recreates the original moves you love at a lower-intensity.

Chair Fit & Yoga: A seated strength and cardio class that ends with chair yoga!

Intro to PiYo: Great for all levels! A perfect way to learn the moves either standing or seated in a chair!

Cardio & Strength

Kickin' Asphalt (indoor): A learn to run class brought indoors to work drills and skills to compliment your running.

Pumped: Endurance strength workout with fun music. Routines are designed to make the class fly by while getting a great workout.

Step: A mash up of several step aerobic styles to make this an intense & fun fitness class.

Strong: A "can't miss" class that challenges your strength and endurance a new way each Friday.

Turbo Kick Live®: Cardio kickboxing and body sculpting moves choreographed to the hottest music mixes

Zumba®: Each Zumba class is designed to bring people together to sweat it on. We take the "work" out of workout giving you a calorie burning dance fitness party.

Cycling

Cycle & Strength: A simple cycling class that introduces weight training off the bike for a total body cardio/strength combination class.

All About Those Hills: This name says it all. Hills and drills to develop dynamic strength.

Hiit It Tuesday: Class format will be sets of repetitive sprints and hill attacks with various resistances and lengths of time. Join us for HIIT IT TUESDAY get out of bed and get in the saddle!

Urban Funk Cycle: Get your groove on in the funky, music inspired, cycling class!

Mind \ Body

Axis: Designed to fill the gap between cardio & strength with a focus on the core

PiYo®: This is an introductory PiYo class that will give you the basic poses in a more gentle routine than our PiYo live.

PiYo Live®: A fun challenging class combining Pilates & Yoga. You will burn calories, tone muscles, work on balance & get a great stretch! Great for all levels!

Stretch: A total body stretch and relax class that will leave you feeling loose and relaxed when you're done!

Water

Aqua Jog: Run! In this class we learn the basic principles of water running and then put it to intervals to work cardio conditioning.

Aqua Pumped: A shallow water class that incorporates 10lbs weight bars to build strength in the water. Added cardio bursts round off this challenging aqua class!

Blazin Bouys: This class uses hand buoys to give you a great water strength workout!

Deep Waves: Come try our deep water class that uses pool fitness equipment to tone up your entire body.

Silver Splash®: Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Total Body Aqua: You will never stop making waves in this full body range of motion class with cardio sections to enhance your water workout!

W-Wow! (water walk off weight) A guided water walking class to help your weight loss journey, get your body more flexible & to move easier on land.