

Senior Fitness – A lower impact, full body class that hits on all aspects of fitness. A variety of flexibility, balance, cardio and strengthening exercises are performed through various weights and body weight techniques. Appropriate for all levels of fitness.

Functional Fitness – Type of exercise in which the goal is to improve your ability to function in everyday tasks. By mimicking real-life movements, exercises including lifting, squatting, pulling, pushing, bending, stepping, etc. will be implemented. A mix of cardio and strength exercises to give a great, total body workout.

Cross Train – Much like Functional Fitness, our cross train classes incorporate a variety of composite, total body exercises and movements that can be incorporated into everyday life. A combination of weights, cardio, plyometric and body weight exercises that will burn hundreds of calories and build overall strength and stamina.

S.P.I.I.T. – A hybrid Spin and H.I.I.T. (High Intensity Interval Training) class. Intervals of spinning are paired with a variety of other exercises off the bike in which your heart rate will stay elevated throughout the entire workout.

Cardio Step – A classic form of step aerobics with a modern twist. This high energy class will incorporate the classic step with a variety of other exercises. Weights, plyometric exercises and extensive core work are only a few of the facets that this class offers.

Muscle Pump – A fitness class more structured towards weights and machines. This class will still offer increments of cardio, however, details such as form, technique, and strength will be the focus. This class will focus on total body, and will be a great, overall workout.

P.A.R. (Pumped, Active and Ripped) – This class will be a catch-all for anything fitness related! A variety of workouts, exercises and techniques will be implemented to give everyone a great, high intensity, total body workout that leaves you burning hundreds of calories.