

Group Fitness Class Descriptions

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Water Aerobics focuses on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music in waist deep water in an indoor pool. Water Toys uses pool noodles and water resistance dumbbells.

Silver Sneakers® includes a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Turbo Kick® is a cardio class using a combination of kickboxing, boxing, dance, and drill movements. A fun, innovative way to gain cardio health & strength!

Line Dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing either each other or in the same direction, and executing the steps at the same time.

Zumba® is a choreographed dance class using upbeat music designed to incorporate a full body workout and cardio endurance. Zumba Toning® uses hand weights for targeting specific muscle groups.

Indoor Cycling is form of exercise with classes focusing on endurance, strength, intervals, high intensity and recovery, and involves using a special stationary bicycle.

Yoga is designed to improve balance, flexibility and coordination. It brings emotional stability and clarity of the mind.

Women and Weights is a cardiovascular strength training class using weighted barbells and dumbbells, Sculpt and increase upper and lower body muscles as well as the abdominal area.

10-8 Fit incorporates elements from high intensity interval training, plyometrics, and powerlifting. 10-8 Fit uses equipment from multiple disciplines, including barbells, dumbbells, kettlebells, medicine balls, gymnastics rings, pull-up bars, jump ropes, plyo boxes, resistance bands, rowers, and various mats.

20/20/20 is 20 minutes of aerobics, 20 minutes of body sculpting, and 20 minutes of abdominals and stretching.

Fit Over 40 is 30 minutes of aerobics and 30 minutes of floor work and stretching.

Mat Pilates is a series of non-impact exercises designed by Joseph Pilates to develop strength, flexibility, balance and inner awareness.

KardioBurn is an aerobic workout for toning and strengthening the entire body without using weights and burning fat with cardio interval training.