

Class Descriptions

ABDOMINALS & MORE: Abdominal & lower back muscle workout designed to provide support, power, flexibility & strength to the body's core.

ANYTHING GOES: A fun class that only requires an open mind! Be prepared for anything & everything you need to get your body in tip-top shape. Always different & exciting.

AQUA INTERVAL: A dynamic water class using variable music speeds to provide different exercise intensities.

AQUA KICKBOXING: Kickboxing combines with water to create an incredible aqua workout.

CYCLING: Whether you are in good shape or just getting started in an exercise program, an efficient, challenging, yet enjoyable way to achieve and enhanced level of fitness.

DANCING WITH WEIGHTS: A fun way to enjoy working out with hand weights while dancing.

FITNESS BALL: Bounce back to healthier abs and a healthier back. Increase muscle tone, balance, coordination, with the main focus on abdominal and back muscles.

HARDBODIES: Full body muscle conditioning for those with a serious desire to achieve a strong, tight body, work & enjoy every minute!

HEART BEATS: Low impact aerobic and toning class based on safe progression and special needs of cardiac rehab and senior participants.

HI/LO CARDIO CHALLENGE: A vigorous class of high & low impact movements emphasizing increasing cardiovascular fitness.

HYDRO FIT: Pool class – warm up, 20-30 minutes aerobic segment, toning and stretching exercises.

HYDRO FLEX: A series of specially designed activities, which with aid of the water's buoyancy and resistance, can help improve joint flexibility and muscle strength.

KARATE: Shito-ryu, a form of karate which includes punching, kicking, blocking, throws, falls, mat work, nunchaku, self-defense & kata. Class emphasizes personal development.

LADIES IN WADING: Prenatal fitness class taught in the pool.

MORNING STRETCH: Flexibility conditioning to stabilize the joints, elongate the muscles and stimulate the mind.

MUSCULAR STRENGTH RANGE OF MOTION: The class emphasizes movement, toning, strength, and flexibility. Most exercises are done sitting in a chair and include breathing, stretching, balance, posture, and resistance exercises.

PILATES MAT CLASS: A mat class designed to increase body awareness, improve health & posture while elongating & strengthening the muscles.

REP REEBOK: Traditional weight room exercise routines using barbells and hand weights set to music in a group setting.

SCULPT & STRETCH: The major muscle groups will be worked & stretched, equipment such as light weights, resist-a-balls, body bars & step will be used.

STEP: A high energy class that used an adjustable platform to keep you movin' & groovin'. Combinations use arm & leg movements while stepping up & down.

POWER STEP: Jam-packed with choreography, athletic movements & upbeat music!

STEP CIRCUIT: An intense workout where you get on & off the step for short intervals of time performing different activities using either strength moves / cardiovascular work.

SPORTS CONDITIONING: Designed to train aerobic & anaerobic energy systems, improve muscular strength, power & endurance. Prepare to play hard!

TAI CHI: A form a Chinese martial arts.

TNT: An overall body conditioning class utilizing free weights and machines, as well as abdominal mat exercise.

YOGA: A complete fitness program uniting the needs of both mind and body. Yoga is a thorough workout both easy and intense.