

Class Description

BarbellBody Blast | Its group exercise strength training the functional way! Take high energy music, barbells, with a variety of functional equipment & you have the BEST, effective, strength training workout of the day!(MS)

BARRE Blast | Maximize your workout during this 45 min BARRE workout that combines cardio, strength and flexibility in one power packed class.(MS)

Bender BARRE Pilates | Barre is the HOTTEST method of training since the Pilates boom! The Bender Barre "method" focuses on the body's ability to lengthen against gravity and offers functional exercises for all levels. Specific training helps achieve stronger legs, back and glutes while using a variety of equipment.(MS)

Jillian Michaels Shread | High intensity, interval class is divided into cycles of 3 min cardio, 2 min strength, 1 min core. You'll rev your metabolism, enhance overall health and improve athletic performance.(MS)

Boot Camp | A high-energy, full-body workout that improves dynamic flexibility, core stability, muscular strength/endurance and cardiovascular conditioning.(MS)

Boot Camp EXPRESS | This workout is PERFECT when you are looking to MAXIMIZE your time & MINIMIZE your workout! 30 minutes is all you need for this INTENSE, EFFECTIVE workout. Get IN, Get FIT, and Get GOING....(MS)

Cardio Interval Training | Maximize your workout during this class. This workout provides intervals of cardiovascular and functional strength training exercises, maximizing your time and energy.(MS)

Cycling | It's time for the ride of your life! Join us in the cycle studio for this fun, non-impact, group cycling class that burns calories and welcomes everyone.(CS)

Forever Fit | This is a cross training workout is suited for the Baby Boomer population and perfect for anyone, of any age, starting or restarting their fitness program. The class meets Mon. and Wed. on the indoor track and Fri. in the Main Studio.(Track)

H.I.I.T. (High Intensity Interval Training) | This interval class involves strength and cardio exercises in timed intervals followed by a quick recovery. Maximize the amount of calories burned during this cardiovascular conditioning; all-over body shaping workout.(MS)

Interval Cycling | Maximize your workout blending key benefits of 2 workouts in ONE workout! This class intervals high intensity cycle drills with boot camp exercises!(CS)

Morning Ride | Get UP, Get ON, Get Riding! This is an intense early morning cycle class full of fun music & high energy.(CS)

Muscle Conditioning | Wake up your mind and muscles during this energy and time efficient early morning strength class. Maximize your time and energy with a 30 minute workout. It's a perfect way to start your day!(MS)

OPEN BARRE | Barre workouts are the HOTTEST method of training! OPEN & suited for all levels, this full body workout sculpts a stronger, leaner body. This ballet inspired, core class, focuses on isolated exercises, alignment and flexibility as you work through mindful muscle movements fused with the use of ballet barres.(MS)

Pilates | A workout that applies the Pilates method on a mat. Improve core strength, flexibility, balance and stamina while focused on breath. Various props are used to enhance and intensify the workout.(MS)(MB)

Yoga POWER HOUR | A 60 min. POWER-filled Yoga class characterized by flowing poses and sequences linked to the breath. Modifications and intensifications are offered during each class.(MB)

Restorative Yoga | Reduce stress practicing effective, relaxation techniques during this gentle, restorative, mindful, yoga class.(MB)

Restorative+Flow Yoga | A beautiful, relaxing flow through a series of gentle, calming, restorative Yoga poses.(MB)

Restorative CORE | This class blends Yoga flow sequences with traditional Pilate's exercises. Various props are used to enhance and intensify the workout.(MB)

Step Interval | Step workouts provide high intensity, low impact cardiovascular training while strength training provides exercises specific to sculpting and toning muscles. This class combines the benefits of both using specific and planned intervals.(MS)

STRONG by Zumba™ | A class that combines body weight exercises and strength conditioning with the music. The movements will be synced with the music and the tempo will lead the intensity. You can expect an overall body transformation with improved muscular strength and high caloric burn.(MS)

Yin Yoga | A class focused on the connective tissues of the body through postures that are held in stillness with mindful awareness. Improve joint flexibility, a greater sense of balance, peace and calm.(MB)

Vinyasa Flow | A Yoga experience focused on stress reduction, relaxation techniques & flexible strength training. Modifications and intensifications are offered during each class. All participants should dress in layers for preferred body temperature.(MB)

ZUMBA® | Ditch the workout and join the party! Still one of the HOTTEST dance workouts....ZUMBA® fuses Latin, international and world-beat music with easy-to-follow dance steps!(MS)

ZUMBA® Toning | This is an excellent calorie-burning, fun, cardio and strength-training class that uses hand weights or ZUMBA® Toning Sticks.(MS)

Class Etiquette

Warm-Up | For your safety & fitness benefits, it's important that you attend the warm up. Also, as a courtesy to others & your personal safety, we ask that you do not enter a class if you are more than 10 minutes late.

Group Activities | Due to the nature of group exercise, it is important that each individual participates as a member of the "group." In order to support consistency & focus for the entire class, please follow the instructor's exercises.

Cool-Down | If you must leave class early, please be aware that for your own safety, your heart rate should gradually come down before doing so. Be sure to stretch all major muscle groups prior to leaving.

Fun & Focus | We encourage you to have fun & make noise throughout a class. Please reserve conversations with your friends until class has concluded. We also ask that you refrain from bringing cell phones to class.

Perfume/Cologne | In consideration to all participants in class, please refrain from wearing perfume or cologne.

