



Active Adult

Class focus is on exercises that maintain a healthy body with emphasis on strength, balance, coordination, stamina, posture, agility, and fall prevention.

Barre

This is a class with elements of Pilates, dance, yoga and functional training. The concept of muscle fatigue in a low impact fashion will maximize your results!

LES MILLS BODY PUMP

This 60 minute workout challenges all major muscle groups by using the best weight room exercises! You will burn up to 600 calories per class while building muscle strength and tone.

Chair Yoga

The practice of chair yoga is a wonderful way to stretch, strengthen, and relax both the mind and the body.

Challenge Class

Join us for a full body challenge on the 2nd Friday of every month. With good music, fun moves, and good friends, you won't even realize you've been working out for 75 minutes. Stay for food, fun, and friendship after the class.

Core

This thirty minute workout incorporates all core muscles, including: transverse, internal and external oblique, and rectus abdominals.

Cycle

It's all about the bike! Challenge your cycling endurance and learn how to maintain target heart rate for a high calorie burning workout.

Cycle/Strength

Get your cardio and weight training in one class! Cycle for 30 minutes, and then grab some weights for a great 30 minute strength workout working your upper and lower body.

Cycle/Stretch

Want a long ride? This class will challenge you with a 45 minute ride followed by a much needed 15 minute stretch for those tight muscles.

Total Body Conditioning

This class will work your entire body and your cardiovascular strength! With 35 minutes of cardio, we will keep you moving throughout this class using jump ropes, steps, ladders, and more for a fun and energetic format.

Strength

This low impact class will help you to maintain or increase muscular strength utilizing body weight and a variety of different pieces of equipment.

Triple Play

Enjoy our newest class with 15 minute sets of low impact cardio, strength, and core. Class utilizes different pieces of equipment to achieve overall muscle and cardio endurance.

Yoga/Gentle Yoga

A yoga format designed to link several poses together to create strength, flexibility, endurance, and balance.