



CLASS DESCRIPTIONS

ZUMBA Dance your way to a fitter you with unique music, Latin-inspired dance moves and rhythms!

Y-FIT Group fitness class utilizing a prescription of constantly varied functional movements executed at high intensity. Weight-lifting, running, rowing, and more! Within the workouts, movements can be scaled down (or up!) for any level of fitness, so they're challenging every time.

CORE & MORE A workout for your core and MORE using resistance bands, weights, and other tools, as well as body weight exercises such as squats, lunges, crunches, and planks.

KETTLEBELLS Strength – Cardio – Core! Intermediate level class with novice and advanced modalities. Using kettlebells, class participants are taken through a variety of movements all designed to develop overall body strength, mobility, internal energy, work capacity, and vitality. Extreme all-round fitness!

AB LAB Core class that focuses on strengthening muscles of the abs, lower back, and torso.

CYCLE Indoor cycling is a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drills and exercises.

CYCLE & STRENGTH Combines indoor cycling with cardio and strength intervals for total body workout!

CARDIO BOXING This class incorporates the traditional training movements of a boxer with a cardio workout focusing on footwork and toning the arms, legs, glutes, and core.

YOUTH CARDIO BOXING AGES 15 AND UNDER

XTREME HIP HOP STEP A high intensity, cardio step aerobics class. Step routines are done to Hip Hop and R&B tunes to create a fun workout environment while eliminating the feeling of "working out".

PUMP A group strength training workout that targets and challenges all major muscle groups using barbells and weights.

HIIT & RUN This High Intensity Interval Training class will incorporate a variety of strength training, cardio, and body weight exercises at timed intervals.

SILVERSNEAKERS CLASSIC Have fun and move to the music through 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 SilverSneakers ball are offered for resistance. A chair is used for seated and standing support.

SILVERSNEAKERS CIRCUIT Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SILVERSNEAKERS BOOM A higher intensity workout that improves cardio endurance and burns calories. BOOM is all about breaking a sweat and having fun. The class focuses on cardio endurance with simple dance moves then building into a more complex sequence.