

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO STEP

Cardio Step is a high intensity step aerobics class, designed for intermediate and advanced participants. Instructors bring a variety of choreography, and technique to this powerful program.

NAUTILUS CIRCUIT TONING

Nautilus Circuit Toning is a 30 minute supervised Nautilus workout. Participants complete sets of 1 to 1.5 minutes on 17 of the Nautilus Machines. This class is followed immediately by a 15 minute abdominal and stretch class.

PILATES

Pilates participants experience a variety of stretching and strengthening exercises, in this no impact class. Pilates music is slower and more soothing than traditional class tunes. Pilates is designed for all levels of exercisers.

FLEX-N-STRETCH

Flex-N-Stretch is a 30minute class, devoted entirely to a total body stretch. 15 minutes of standing stretches, followed by 15 minutes of seated or lying stretches make up the format for this class. Participants should warm up before attending the Flex-N-Stretch program. Designed for all levels.

CYCLING

Cycling Class is a high intensity cardiovascular workout, using stationary bicycles. Participants pedal their way through speed and resistance work.

ZUMBA

This is a danced based aerobics class that utilizes Latin and international music and moves to Motivate participants in a dance party type class Environment. Fun for ALL!

CARDIO COMBO

Cardio Combo is an instructor oriented class. Activities include a variety of exercises and equipment used. Ask instructor for details.

LINE DANCING

Line Dancing is a 45 minute, fun filled, workout. Various line dances will be highlighted during this class. Participants will benefit from a low impact format, designed to be easy on the joints.

LITE-N-EASY

Lite-N-Easy is a low impact aerobics class, designed for the beginning exerciser, or members interested in a complete, but less intense exercise class experience.

YOGALATES

Do you enjoy yoga AND Pilates? Participants will have the benefit of yoga stretching Combined with the core conditioning offered from Pilates. Designed for all levels.

EXTREME PERSONAL TRAINING

XPT is personal training in a group exercise format A group exercise instructor will take you through a 30 minute strength training program with a Cardiovascular twist. Great workout for those With limited time to exercise. This class is not Recommended for anyone new to strength training.

BUTT-N-GUT

Butt-N-Gut is a 15 minute Abs and Glute Workout That Follows Each Tuesday and Thursday 5:30 Step class.

CYCLE/ABS

Cycle/Abs class combines 45 minutes of cardio activity on the Bikes and 15 minutes of abdominal training on the exercise mats.

WAKE UP AEROBICS

Join Jack Bane, certified senior aerobics instructor, for a 25 minute group exercise class designed for active older adults who want to lose weight, Improve muscular strength and agility. Workout to The music from the 50's and 60's.

YOGA

YOGA means union - of spirit mind and body. YOGA is an ancient science developed 5000 years ago in India. YOGA utilizes breathing techniques to calm the mind, poses to build strength, flexibility, balance and concentration, and meditation to decrease stress.

BASIC LATIN FUSION

This is for the beginner new to Latin dance. Participants will be lead through the basic Latin dance steps choreographed to Latin and international music.