

Class Descriptions

Aqua – a fun and challenging, very low impact class, using hand buoys, noodles, and aqua joggers

Balance & Stretch – a 45 minute class to improve balance, stretch all major muscle groups, and relieve stress

BODYPUMP – The original barbell class that shapes, tones, and strengthens your entire body

Chair Yoga – move through a complete series of seated and some standing yoga poses designed to increase flexibility, balance, and range of motion

Cycle – effective way to build cardiovascular strength and endurance; a challenging low impact class

Cycle Express – 30 minutes of high intensity interval training

DanceBody Fit – A fun class that uses dance moves and upbeat music to make the hour of cardio fly by (dance experience is not necessary!)

Fitness Fusion – cardio and strength training, utilizing intervals, circuits, cardio games, and more

Gentle Yoga – for those that are new to yoga or those that are interested in moving at a gentle pace

Next Level Aqua – A step up from your normal aqua aerobics class; this is a challenging and low impact class that may incorporate elements of treading water

Pilates – improves alignment, breath control, core strength/stability, & developing long, strong, lean muscles

SilverSneakers Classic – designed to increase muscle strength, range of motion, & improve activities for daily living by working with hand-held weights, elastic bands with handles, and a SilverSneakers ball

SilverSneakers Circuit – standing, low impact choreography alternated with standing upper-body strength work with hand-held weights, elastic bands with handles, and a SilverSneakers ball

Tai Chi – improves balance and promotes relaxation for all ages and fitness levels

Tone & Tighten – a cardio and strength based class focused on building a lean physique

Yoga – a standard yoga class focusing on foundational yoga poses, breathing techniques, and improving flexibility

Les Mills Virtual Classes – Streamed in the group fitness room, our technological setup allows for a large variety of class from high quality instructors from around the world

Barre – ballet training designed to shape and tone, build core strength in 30 min

BODYFLOW – yoga, pilates, and tai chi all mixed together with an emphasis on improving flexibility and mobility

BODYCOMBAT – martial arts inspired workout to build strength and endurance

GRIT Cardio – 30 min high intensity interval training with a cardio focus

GRIT Plyo – 30 min high intensity interval training with a plyometric focus

GRIT Strength – 30 min high intensity interval training with a strength focus

CXWORX – 30 min of a challenging core workout