

Group Exercise Classes

CARDIO/CYCLING CLASSES

Cycle Strength (45 minutes)

An excellent lower-body and cardiovascular workout using a self-selected amount of resistance. This workout will take you through various movements; hill climbs, flat roads, and sprints that mimic an outdoor ride.

Dance Fusion (45 minutes)

This dance fitness class incorporates fun dance movements and light body weight training for an excellent full body cardio workout. Music varies between pop, hip hop, and popular dance music.

Kickboxing (45 minutes)

This ab-defining, high-energy class mixes high kicks and simple dance moves with music that motivates you! The movement combinations and techniques work together to give you the ultimate cardiovascular workout.

STRENGTH CLASSES

Total Body Intensity (45 minutes)

This fun and fast paced class will get you moving with bursts of cardiovascular activities and resistance exercises followed by short/active recovery periods. A great way to get your body moving with minimal equipment.

Arms and Abs (45 minutes)

Intense core and upper body workout. Focuses on working the abs, shoulders, and arms using weights or your own body weight. This class is designed to sculpt, tone, and strengthen your core and upper body.

Total Body Strength (45 minutes)

This class brings a high intensity training element into a weight training class. You will go through a variety of full-body resistance training exercises for an increased fat burn. Be ready to sweat!

Core and Stretch (45 minutes)

This class focuses on toning and strengthening your abdominal and oblique muscles with a variety of movements. After the core workout, there will be a special focus on stretching and mobility.

Lower Body Strength (45 minutes)

Intense strength workout. Focuses on working the abs, glutes, legs and lower back using weights or your own body weight.

SPECIALTY CLASSES

Vinyasa Yoga (45 minutes)

Vinyasa is a style of yoga that involves a flowing sequence of movements, focusing on proper breathing techniques. This class aims to restore the body by working to increase flexibility, balance, strength, and positive energy. Suited for everyone from beginners to advanced yogis!

Mat Pilates (45 minutes)

Increase your flexibility as you flow through a series of dynamic movements that restore balance to the core muscles of the lower back and abdominals. Mat Pilates lengthens and strengthens for a strong, lean, physique.

Aqua Class (45 minutes)

This class will be held in the diving well (deep water) of the pool. Flotation belts (provided) will be used. Participants will be put through a 45-minute-high intensity class. Core strengthening, cardio and range of motion exercises will be stressed to help you reach your fitness goals now! Regardless of your fitness level, you can achieve very noticeable results. No swimming skills are needed, however comfort in deep water is required.