AQUA AEROBIX – (All Intensities) An action-packed, high intensity workout in the pool! In the water, all weight bearing stress on the joints is removed. Build up your cardiovascular endurance, burn calories, and improve the range of motion in your joints while having fun (relieving stress)!

BARRE – (All Intensities) Barre classes are designed to effectively strengthen, tone and balance the entire body. These are fat burning workouts that integrate the use of the ballet barre, light weights and various props. Students will focus on form and precision while performing small isometric movements as instructors emphasize basic alignment, foundation, and specific muscle actions. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs. Each strength section of this workout is followed by a stretching section to create long, lean muscles without bulk. These are challenging, no impact classes that require focus and precision for maximum results.

BODYATTACK™ – (All Intensities) BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Suitable for all fitness levels.

BOOM – An advanced new fitness program designed to meet the needs of active older adults or for anyone who wants to experience a whole body workout designed around simple and functional movements that strengthen and enhance your body. The class is designed into (3) 20 minute sessions. Come for one or all!

“MOVE IT!” – Energizing cardio dance-based workout 20 min.

“MUSCLE” – Action-based functional strength training 20 min.

“MIND” – Range of motion, balance, strength and flexibility 20 min.

BODYATTACK® EXPRESS – This sports inspired workout that builds strength and stamina all in a 30 minute express class!

BODYJAM™ – (All Intensities) This cutting-edge dance based workout is taking the world by storm...BodyJam combines the latest music and the hottest dance trends to give you the ultimate cardiovascular exercise in a “clubbin’” class. Hip Hop, Tribal, Salsa - learn all the latest. The certified Instructors will break it down so everyone can learn and follow. No prior dance experience necessary.

BODYPUMP® – (All Intensities) Real Results Real Fast. This class WILL CHANGE the shape of your body. Using barbells with adjustable weights, motivating music and energy from the instructors, you will get a great workout and muscle definition you can see!

Cardio Barre – A high energy/lowlow impact exercise class that combines barre work and light weights with continual fat burning movements. The workout consists of toning and resistance exercises for the glutes, legs, torso, and arms along with cardiovascular benefits, you will sculpt your muscles.

Cardio Fit – Similar to SilverSneakers Cardio Circuit but with a little more intensity and more complex cardio movements. This class is designed for all fitness levels to increase cardiovascular strength and muscular endurance.

CARDIO QUICK FIX – Get fit in less time! Enjoy upbeat low-impact aerobics with an athletic twist guaranteed to blast calories.

To raise the heart rate and boost metabolism more challenging moves with various intensity levels will be added. Focus on trouble areas as well by using resistance bands and hand weights. This class is for all levels!

CardioSculpt – (All intensities) A fusion of the best of both worlds, cardiovascular exercises mixed with strength and resistance work to tone and sculpt your body. A variety of equipment will be used to make the workout challenging and fun!

CORE – Looking for that powerhouse strength and those six-pack abs? This is the class for you. Come strengthen and tone not only your abs but your lower back, glutes and more! Combining traditional exercises with Pilates for strength, your core has never been as strong or as toned. Perfect for all fitness levels, this class is certain to leave you, and your core, in tip top shape!

CYCLE CROSS – This class is all about cross training. For anyone who enjoys cycling and running, this workout involves all major muscle groups and different energy systems to challenge your body to work out of its comfort zone. Cardio and strength intervals are done on and off the bikes. Class is great for triathletes training for an edge. Running shoes are suggested instead of cycling shoes.

H.E.A.T. – This class stands for High Energy Athletic Training. This class consists of periods of interval training that will challenge your heart and all muscle groups!

INSANITY – A cardio class based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance and core training. No equipment or weights needed. Modifications are demonstrated in the class.

Les Mills BODYFLOW – Bodyflow is the yoga, tai chi, pilates, workout that will leave you feeling centered and calm.. with controlled breathing, concentration and a controlled structured series of stretches and flexibly as you create a holistic workout bringing the body into a state of harmony and balance.

Les Mills CX WORKS – In 30 minutes CX WORKS hones in on the torso and sling muscles that connect your upper body to your lower body. It is ideal for tightening your abdominals and glutes, while also improving functional strength. This is a great class that targets the CORE!

SilverSneakers® STRENGTH – (Less Intensity) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SilverSneakers® CARDIO CIRCUIT – (Less Intensity) An advanced class incorporating standing non-impact choreography designed to increase cardiovascular and muscular endurance alternating with strength work. Modifications are available.

Cycling® – (All Intensities) Nationally known to be THE BEST in cycling! These classes offer a variety of cardiovascular training programs. Consisting of endurance, strength, and all terrain - these rides offer complete aerobic conditioning through experiencing all energy zones. Heart rate monitors are recommended.

STEP – (Moderate Intensity) Our cutting edge instructors really know how to break it down and cue effectively so that the choreography is easy to follow yet spunky enough to challenge your mind and body. You will work up a sweat while enjoying your favorite songs and step routines with attitude. All levels.

YOGA – (All Intensities) EXPERIENCE the latest trend in personal wellness and physical fitness. Our Professional Instructors use an electric blend of Iyengar, Hatha, Vinyasa, and Yoga Fit to assist participants at ALL levels in improving flexibility, balance, muscular endurance. Our Yoga Instructors will help you learn stress management and relaxation techniques to incorporate into your daily life. We do provide Yoga Mats but you are welcome to bring your own.

SilverSneakers® YOGASTRETCH – (Less Intensity) This class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you’ll do at your own pace. Using a chair for support, you’ll increase flexibility, build endurance and learn how to relax and think more clearly. No floor/mat work involved.

TABATA – This is a quick high energy class that consists of 20 seconds of hard work followed by 10 seconds of rest.

TBT – Total Body Training – You can expect Crossfit style workouts, tabata, circuits, stations, and more with this new class! A variety of equipment will be used such as battle ropes, pull-up bands, bars, weights, bikes, jump ropes, and weightlifting. This class may be help in Group Fitness room, cycling room or GTX room so arrive a few minutes early and get ready to sweat!

Kids Klub Hours:
Monday-Friday: 8am - 1pm and 4pm - 8pm
Saturday: 7am - noon; Sunday: 8am - noon

All of the classes on this schedule are for all ability levels. If you have NOT participated in a class before, please arrive 10 minutes early and let the instructor know so they can help prepare you for the class. Children ages 12 and older may participate in all Group Fitness classes.