



Fitness Class Description

Tabata Circuit – The ultimate fat burning and toning work out, Tabata Circuit training is high intensity interval training based on the Tabata protocol, it is a total body workout that challenges the body aerobically and anaerobically to achieve fat loss and muscle strength.

STEP – This ½ hour traditional bench step class is a great cardio workout. Suitable for all fitness levels - come learn the basic and step up to a whole new level of fitness.

Tone Up & Stretch – Total body toning and stretch exercises. This is a great combination to sculpt long lean muscles, abs, butt and thighs.

Gentle Fitness II - NO MEMBERSHIP REQUIRED This program is for individuals with limited mobility. As you get stronger with exercise, you will be better able to perform daily activities. Achieve your goal of walking for short durations by completing balance, strength and cardio exercises while seated or standing. Participants with higher levels of mobility are welcome.

Kangoo - Using Kangoo Jump Boots this rebound class is a highly motivating interval training program, specifically designed to challenge the whole body, building muscular strength and endurance. The basic moves are easy and can be performed with growing complexity and intensity.

Be Powerful: This bodybar & weight class strengthens all your major muscle groups. With simple, athletic movements such as squats, lunges, presses, and curls. Be Powerful is for all ages and fitness levels.

Cycle Fit: Bring your outdoor cycling indoors and experience an athletic, adrenaline pumping workout, led by a trained instructor and done to music in a group setting.

Hatha Yoga: A Yoga inspired flexibility class. Learn the basic yoga postures and improve your flexibility and strength

Hard Core: This ½ hour class is packed with effective exercises for the abs, back, to tone and strengthen the mid-section. Begin with a warm-up, alternately work targeted abdominal and back muscles and finish with a refreshing stretch. Develop core strength and stability in this fun but challenging class.

Circuit Training : Back to basics workout that includes moves from station to station incorporating cardio, body sculpting and core conditioning in fun, ever-changing stations, utilizing different pieces equipment (equipment may include Bosu, TRX, Bands. Balls, mini loops and more)

Pilates: this mat workout aims to strengthen muscles while improving postural alignment and flexibility. Moves tend to target the core, although the exercises work other areas of your body as well

Booty Camp: This lower body workout is short and targets all the muscles of the hips, butt and thighs. If you want to firm up your booty this is the class for you.

Quick F.I.T (Fitness Interval Training): Back to basics workout that includes circuits, intervals, and drills that will make you sweat. This ½ class is for all fitness levels and incorporates cardio, body sculpting and core conditioning in fun, ever-changing intervals. No fancy choreography to learn and you will never be bored with this total body workout

Instructor's Choice: Join our instructors and have fun! Whatever the instructor feels like teaching – you are guaranteed to get a great workout! Circuit training to Cycle to the Kangoo Jumps and more.