

SPIN AND SCULPT- DENISE

This is a group exercise class combining stationary bikes and weights. During the class, the instructor simulates hill climbing, sprints, and races. You will be kept motivated by the instructor, the people around you, and the music. Get prepared for a great workout! Water and towels are a must!

KETTLEBELL- JIM

For those new to Kettlebell training. A great class for cardiovascular, core and functional strength all in one workout.

SENIOR FITNESS-JILL, SUELLEN, CAROL ANN , MARIA

This class is primarily for our older adults. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, exercise tolerance and mobility. We use handheld weights, elastic tubing with handles and a small resistance ball and a chair is used for seated or standing support.

DANCE AEROBICS—KATHY Exercise at your own pace in a welcoming, FUN class to a variety of upbeat music from the big band era to present date. A full-body work-out with warm-up, 30 minutes of aerobics, standing strength training for abs, arms, core, legs, and gluts with a focus on balance. Impact and intensity variations are demonstrated **BOOTCAMP/FREESTYLE-TESS**

This class is designed for all levels. Every exercise can be modified to fit your physical needs. A great combination of cardio, strength and endurance.

SCULPT -PATTY – A 50-minute circuit workout where you use different muscles that will blast fat and tone your entire body.

YO FLEX- TINA – Basic standing yoga poses focusing on repetition and breath combination, followed by 10 minutes of balance work, closing out with Pilates then stretching. Tones, balances and sculpts the body while increasing flexibility.

YOGA-ANGIE,MEGAN –This class lets your body be your guide. No single pose is required and modifications are available for every pose letting you determine when you're more flexible or ready for more challenging poses.

GROUP POWER—TESS and PAM –A results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.

EXPLORE YOGA—RHIANNA Have you ever wanted to try Yoga but felt nervous about being a complete beginner? Then this class is for you! Each class will be a bit different. We will practice different styles of yoga and meditation, while learning how to do key poses.

FUSION (MUSCLE MEETS YOGA) –DAWN Heart-pumping, ultimate full body workout using: gliders, resistance bands, benches, dumb bells and the body bar, you will lengthen and tone your body and create long, lean, strong functional muscles that will complement all lifestyle activities. Wear shoes and socks and bring your yoga mat. This class is for all levels.

CARDIO KICK –PAM Take your fitness to another level with this awesome combination of cardio mixed with punches, jabs and kicks. A class designed for all fitness levels to get the heart rate up and body moving.

PILATES MEGAN –This class begins with a sequence on low impact yet high intensity exercises that will strengthen, tone and lengthen the muscles . This class ends with a deep stretch.

ZUMBA!—LIZ Get ready for the Cardi- Party! Fun upbeat music and easy to follow rhythms will have you blasting calories before you even know it! Get ready to sweat! And Have a GREAT TIME!

AMRAPs, EMOMs AND MORE—TAMY This class focuses on all the major muscle groups of the body with controlled and purposeful movements. Using formats such as AMRAP, EMOMs and for time segments. Fast-paced cardio sets will also be included in every session. This class uses barbells, kettlebells, slam balls, dumbbells, benches etc...

HEATED ADVANCED YOGA—DAWN Escape the cold weather with Dawn, 75 minute advanced yoga practice. This class requires experience in both strength and balance postures.

XCO LATIN BY JACKIE—YURI this class uses a combination of movement patterns that activates the whole body with special emphasis on the core. The XCO trainers add light weight variable resistance to increase the burn and amp up upper body toning!

Senior Elite- MARIA functional fitness that incorporates increasing intensity, weight or duration. Balance work, floor work as well as mind body connection with some yoga/pilates moves for flexibility, balance and core are also incorporated . Each class will bring a fresh new approach with NO 2 classes ever being

