

CLASS DESCRIPTIONS

Ab Lab w/ Hips, Buns, Thighs:

Come and feel the “burn” of your abs, hips, buns, and thighs!

Aquabata

High Intensity Interval (HITT) training performed in the pool. Cycles of intense bursts of activity followed by a fixed period of active recovery. There is minimal choreography, but maximum results!

Aqua Dance:

An aqua fusion workout combining traditional aqua aerobics moves such as cross country ski, rocking horse, and jumping jacks with Latin dance moves. You will have the option to shimmy, shake, and sing along with the music for a fun filled aerobic workout.

Aqua Minute-to-Win-it!:

30 minutes of continuous movement in the water utilizing a different move each minute. A variety of range of motion, cardio conditioning, muscular endurance and core strength will be included. Participants may wear an aqua belt and use the deep end or stay in the shallow end and perform the moves while standing in chest deep water.

Balletone™: A fitness system that combines the principals of dance, Pilates and yoga in order to give a complete body workout.

Body Blast:

A group strength training program with bursts of cardio in between your strength training sets! YOU LEAVE THIS CLASS KNOWING YOU HAVE WORKED EVERY MAJOR MUSCLE GROUP IN YOUR BODY - AND GOT YOUR CARDIO IN, TOO!

Cardio Kick:

In this class, you will practice a combination for a few minutes, speed up the tempo and then slow back down to learn a new pattern. A total-body workout, you'll shape your upper body with jabs and punches as you work your legs and buttocks with a variety of kicks.

Deep H2O:

The aqua aerobics class that uses deep water for more resistance and less stress on your joints.

Fine Toning:

Light weights/more reps to tone every muscle (with emphasis on the muscles of the upper body)! Ab Lab included! EXPRESS = 30 minutes.

Fit4Life for Seniors:

It's never too late to start exercising! Fit4Life is a great way for seniors to get started or to discover new ways to be challenged with strength training. The exercises focus on building total body strength with an emphasis on improving balance, stability, and flexibility. The benefits of strength training include improved bone density, increased balance, and total body strength, which all contribute to greater ease in performing everyday tasks and greater overall quality of life! Taught by a certified personal trainer who will carefully monitor your form, progress and safety.

Minute to Win it!:

You can do anything for a minute! Complete each exercise for 60 seconds and move on to the next, no biggie. A simple, non-threatening, super-efficient, 30-minute exercise class like no other, combining cardio, muscular work, and core strength. All fitness levels, women and men alike, will find this strength endurance at its best!

Pilates:

Pilates is an exercise program that works every muscle in the body in an aware, efficient manner. It is a series of exercises that involve more fluid movements. The benefits of Pilates-based mat exercises are increased overall flexibility, improved posture, and tighter and flatter abdominals!

Pilates Express:

30 minute version of Pilates (above).

R.I.P.P.E.D.:

This One Stop Body Shock™ format is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is plateau proof because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Thus, regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes. This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. The deliberate combination of the R.I.P.P.E.D. elements and how they are precisely organized in the R.I.P.P.E.D. class format provide the basis for the One Stop Body Shock System, by stimulating both, different energy systems and muscles in each workout segment, changing the focus and activities every 6 to 9 minutes. Along with driving, motivating music, participants jam through R.I.P.P.E.D. with smiles, determination and strength. No boredom here, for all levels, R.I.P.P.E.D. is effective, it's tough yet doable; R.I.P.P.E.D. will absolutely challenge your levels of fitness and endurance!

Spin Hour of Power:

A one hour class on the bike.

Spinning:

45-minute class designed for people of all ages and abilities, Spinning® is the original and worldwide leader in indoor cycling programs. The Spinning program and the Spinning bikes are based on real road cycling and cutting-edge training principles. All members must attend a free Spinning workshop before attending a Spinning class. Please register for workshops at the front desk.

Step & Tone:

30 minutes cardio on the step, 30 minutes strengthening major muscle groups. Get it done!

Strong:

THE BEST KEPT PERSONAL TRAINING SECRET! A group strength training program that utilizes the Group Strength™ by IRON GRIP and the REEBOK™ DECK. Designed to accommodate a wide range of fitness levels. STRONG™ is a safe and effective workout to improve muscular strength and endurance. You have worked every major muscle group by the time the class is over!

TurboKick®:

Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! The unique Turbo Kick® movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout that will melt fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss!

Ultimate H2O:

An intense session in the water using easy to learn choreographed routines by qualified instructors who want you to have a “splash” while you workout.

WERQ:

This fiercely fun new dance fitness workout fusing today's hottest pop, rock, and hip hop music with easy dance routines designed for torching calories! You don't have to be a dancer to participate. "WERQ" is a dance term meaning "to absolutely nail it with dominance and confidence". You can werq a runway, werq a dance floor, and now WERQ a fitness class. Are you ready to WERQ?

WERQ Old Skool:

We're bringing it back to the Old Skool. From boy bands to hair bands to the hottest MCs, WERQ Old Skool combines your favorite pop, rock, and hip hop beats from decades past with fly dance moves for the freshest throwback cardio dance fitness class on the planet. Kick it, pop it, ride it, and rock it in WERQ Old Skool.

Yoga:

A gentle and relaxing style of Yoga that focuses on the third stage or Asana (posture). Postures are used primarily as a way to help clear the mind and energize the body. Class participants can improve their health while learning to enjoy complete equilibrium of the body, mind, and spirit.

Yoga/Pilates:

A wonderful, flowing combination of Yoga for stretching, and Pilates for strengthening.

Yoga Rocks!

Lets's face it yoga does absolutely ROCK!!! This class is designed to improve the health and mental acuity of athletes or individuals interested in improving their fitness level. This vinyasa inspired class is designed to make you sweat, take off unwanted pounds and burn away toxins. Yoga Rocks is a dynamic series of sequenced postures that seamlessly "flow" together. If you're looking for a fun-loving and energetic class, this is where you belong.

ZUMBA®:

This class combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.