

GROUP EXERCISE GUIDELINES

- Classes are operated on a “first come, first served” basis.
- No participants will be permitted to enter class after 10 minutes due to safety concerns and to avoid disruptions.
- All participants should notify the instructor if leaving early.
- Athletic shoes (with the exception of Yoga) and proper attire are required for all group fitness classes.
- Classes will be subject to cancellation if attendance is low

CLASS DESCRIPTIONS

Aquatics Class: A cardiovascular workout that tones muscles, increases strength, promotes flexibility and burns calories. Class is conducted in 3 - 5ft. of water.

BOSU Athletic Training: This class uses the BOSU ball for a great mix of cardio and conditioning. The BOSU will help you work on strength, balance, and core conditioning for a total body workout.

Bike and Ball: Are you looking for a simple good sweat? Try this class – a warm up, 25mins of intervals on the spin bike; then 15 mins of core work on the stability ball 10 mins cool down. Simple, uncomplicated, just a good sweat.

Cardio & Core: Use the stability ball the entire class and challenge your center of gravity while getting a cardio workout. This unique workout provides many benefits and will add variety to your usual routine.

Complete Conditioning: A high intensity workout that has variety. This workout incorporates lower body lunge & squat cycles, push/pull upper body back and chest exercises with dumbbells, segmented stability ball cardio drills.

HardCore: Back by popular demand! A focused abdominal and lower back training session using a variety of strengthening tools, which may include, stability balls, BOSU, medicine balls and weights.

Kickbox: Pure kickboxing. Kick and punch your way to a toned body with this class! Through basic boxing moves and cardio intervals this class uses easy to follow combinations that challenge all levels of fitness.

Muscle Express: Are you always on the run? This is the class for you. In 30 minutes this class focuses on the major muscle groups to keep the total body toned.

Pilates Express: Still have a few minutes? Stay for Pilates express. Power Pilates mat technique helps strengthen your stabilizing muscles and keep your core tight.

Spin: Take your bike riding to a new gear with this exciting stationary cycling class. Instructors will challenge you to get the most out of your riding experience! All fitness levels are invited, as you control speed and resistance during your workout!

Sports Conditioning: A non-traditional sports conditioning workout that combines athletic drills, strength training and plyometrics with no choreography! Medicine ball, agility ladder, BOSU and dumbbells designed to increase your fitness level!

Step & Muscle Works: An energetic, fast moving class targeting the full body, building lean muscle with high reps one muscle group at a time. A brisk warm up into a step routine then onto concentrated dumbbell training then back to step gets your heart rate up and body moving!

Women & Weights: Build lean muscle; develop a lean, fit look. Take this class and learn the proper technique to weight lifting for women. A great way to spend your lunch hour, exercising, sweating, taking good care of your body by building strong bones!

Yoga: A workout that balances the body, spirit, and mind. All levels are encouraged! Practice basic postures that improve alignment, flexibility, strength and balance. Technique areas covered include Hatha yoga basics and Vinyasa Flow which links a series of postures together for relaxation and transformation.