

Class Descriptions

SilverSneakers® - Classic

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® - Yoga

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and relaxation will promote stress reduction and mental clarity.

Light-n-lively/Super Seniors

Just enough to wake you up and get you moving. Light stretching, light cardio, and light toning. Seniors and beginners are welcome!

ZUMBA®

Ditch the workout...join the party. This high-energy dance fitness class combines Latin and International rhythms with easy to follow moves. Have fun, burn calories, and tone muscles.

Spinning® / Cycling

The Spinning® program's five core movements and program fundamentals, like heart rate training will help you burn calories, increase your strength, and improve your overall fitness. Every class is different, and adaptable to your fitness level. Spinning®class are both fun and effective. There are no complicated moves to learn with the Spinning®program.

Body Blast

This class will improve your cardio & strength endurance. For the more advanced, but beginners are welcome to try. Mix of step, floor aerobics, strength training, & some dance. Fun music & cardio bursts to get you going. Can Burn 500 to 700 calories in this class

Body Sculpting

Arms, legs, core, front to back, head to toe workout. Improve strength & flexibility. Great for beginners to advance.

AM Fitness

Mixing it up! Toning, Ball, Weights, Step, Boot Camp, Kickboxing

YOGA

Yoga is a class designed to relax, enhance flexibility, and relieve stress.

TUESDAY CLASS: Mostly standing poses to strengthen and lengthen the body. All levels welcome.

THURSDAY CLASS: Seated and lying poses to stretch and relax the body. All levels welcome.

PILATES

Pilates is an exercise method designed to condition and connect body and mind, correct muscle imbalance, improve posture, and tone the body. The primary focus is to strengthen the body's core, therefore protecting the back.

TAI CHI

Touchy is a form of Chinese martial arts and is a gentle exercise for all fitness levels-a mind/body exercise, utilizing deep breathing and relaxation. Benefits-reduces stress/improves balance/helps depression and anxiety/boosts bone health.

TABATA

The best Supra-aerobic cardio workout ever discovered. Anyone can do this workout at your own level.

CARDIO KICKBOXING

Your workout has to feel the results. Mr. Llew Chester, Black Belt Kick-Boxer, Instructor

Self control, self confidence, physical conditioning, improve physical strength and agility, sharpen mental alertness, and most important, increase self-esteem.