

FITNESS FLOOR CLASSES AVAILABLE **(varies monthly)**

A Vicious Cycle/Spin Interval

An intense 60 minute class involving spin bikes and weight interval training. This class will increase your heart rate through intense movements and then decrease it via recovery periods.
(sign up sheet is located on back wall of fitness floor)

Interval Training

An intense total body workout that incorporates a variety of cardio activities as well as strength. The class that focuses on keeping your heart rate up by using a variety of strength and cardio moves using free weights and plyometrics. Interval training is a great full body workout.

Bootcamp

This class focuses on overall toning and strengthening. It incorporates small bursts of cardio to enhance the long term burn. It is a great class to start or add to any fitness routine!

A great workout that keeps your heart rate up by doing a variation of cardio, strength and abdominal work.

Zumba

This class fuses Latin rhythm and fitness into a fun dance to create a one-of-a-kind fitness experience. Zumba is an exciting hour of calorie-burning, body-energizing, and awe-inspiring movements!

Lean Lifting

Train, tone, and tighten with this strength-focused class. Lean muscle burns helps burn more calories throughout the day.

Kickboxing

Cardio kickboxing is a 60 minute combination of floor aerobics and martial arts that will improve your endurance and cardiovascular fitness, tone muscles and improve your abdominal strength. Cardio kickboxing routines are characterized by their high intensity intervals coupled with toning recovery periods to burn calories and tone muscles.

Sculpt

Low resistance and high repetition exercise class a great way to tone all major muscle groups. A great way to start the day!make this class

Bosu Intervals

This full body workout uses the BOSU ball- an effective tool that helps develop core muscles, improves strength and balance while incorporating a great cardio workout. This low impact cardio class is a great class to start or add to any fitness routine!

Gentle Stretch

A one hour calming class for those interested in a more therapeutic exercise. It will help in learning the basic concepts of muscle contraction; introduce basic yoga poses, release tight muscles and increase range of motion.

High-Tech Fitness-There's an app for that!

Train with technology! This how-to class utilizes technology based workouts to assist in a variety of exercises. It adds variety to your fitness routine; helps build body awareness and strengthen all aspects of fitness.

Belly & Bun Blaster

A 30 minute class focusing on toning and tightening the buns and belly. It is a combination of strengthening and lengthening muscles using resistance bands, light weights and body weight to get great results.