

Class Descriptions

Level 1

No experience is necessary. Class format is designed to give basic skills required to perform the class in a safe, fun, and effective manner. Class is suitable for someone just beginning to exercise, or coming back to exercise.

Level 2

Basic exercise experience is necessary. Class is designed for the student who has the basic skills needed to perform the class. Class will incorporate basic movements with modifications to allow for an increase in intensity or may be longer in duration.

























Level 3

Class is designed for the student who has had regular exercise experience. Class will incorporate moderate to high levels of intensity. Class duration varies depending on type of class taught.

Level 4

Class is appropriate for families and children to work out together!

 =Cardio & weights
  =mind/body
  =cardio
  =Strength Training

	Boot Camp	A series of intense & unstructured exercises that are designed to improve your fitness level using some equipment and various drills. “This is a fast paced class and is not recommended for beginners”
	Cardio Spice	This class is full of spicy cardio styles. Moderate to light choreography makes this class doable for most health seekers. The fun is all there, the intensity is up to you.
	Core Conditioning	Increase your muscular strength, balance & stability through a series of functional training exercises targeting the entire body.
	Circuit Training	Intervals of Cardio & Resistance training done at your own work station. “No advanced choreography” . Cardio drills may consist of kickboxing, hi /lo, step & plyometrics. Lower impact options will be shown.
	Hip Hop Cardio	This class is the perfect way to start your weekend! Easy to learn choreography put to funky music makes this a great way to have fun and get in shape!
	Double Step	Use not one, but TWO step platforms in this choreographed step class that will keep you on your toes. *Must be fluent with step terminology.
	Infusion	A blend of Pilates based & lower body exercises. May incorporate the use of the exercise ball.
	Kickboxing	A cardiovascular combination of boxing moves, kicks and punches.
	Kids Boot Camp	A fun way to keep kids moving! This class may include the use of dumbbells, body bars, bands, balls & ropes.
	Kids Dance Party	This class will burn lots of energy while learning simple dance steps to various types of music styles.
	Low - n - Tone	This is a low impact cardio workout followed by muscle conditioning.
	Muscle Max	Strength training that utilizes dumbbells, resistance bands and body bars. Training includes isolation of single muscle groups and the compound movements of several muscle groups.
	Pilates	Core strength/stabilization throughout a progression of movements that allow the muscles to work together as one unit, creating simultaneous demands for strength and flexibility.
	Silver Sneakers® 1 MSROM	Strength and range of movement benefits are the focus of this seated workout which utilizes dumbbells, elastic tubing with handles and a ball. Intended for our Senior population.
	Silver Sneakers® 2 Cardio Circuit	Standing, non-impact choreography designed to increase cardiovascular and muscular endurance. Intended for the Senior who is ready for a more intense workout.
	Silver Sneakers® YogaStretch	YogaStretch 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.
	Silver Sneakers® SilverSplash	Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.
	Step I & II	A choreographed workout using the Reebok Step platform to increase cardiovascular endurance. Step II involves intermediate to advanced level choreography and intensity. Class ends with Abs and stretch.
	Step/Sculpt 1	30 minutes of basic stepping combinations followed by 30 minutes of muscle conditioning, Abs and relaxing stretch.
	Stretch	Relax and rejuvenate your entire body while gaining functional flexibility in all muscle groups.
	Total Body Conditioning	An intense workout that varies from week to week but will always include exercises that will challenge the entire body’s cardiovascular and muscular capabilities. No technical footwork!
	Yoga Kid Fun	This class encourages parents and children to work together in a kid friendly atmosphere. The instructor will make the yoga poses more interesting to spark the interest of younger group.
	Yoga	Intense class that will increase your flexibility and strength. Characterized by a flowing series of poses practiced in a continuous flowing succession.
	Zumba	Choreographed dances fusing various Latin styles. Set to familiar Latin music to create a very fun and energetic workout.