

Fitness Class Descriptions

Stretch/Recovery Classes

Yoga: Designed to increase flexibility, strength and balance while improving posture, coordination and focus.

Mat Pilates: Increase core strength, improve posture, flexibility; and mobility. No past class experience needed.

Mindful Movement: Breathing, stretching, pelvic floor, lymphatic drainage and movements to work muscles and spirit. Designed to ground you into the present moment.

Mobility Stretch & Strength: This 30 min class focuses on joint mobility, muscle flexibility and balance. Perfect for every fitness level.

Cardio/Strength Classes

BODYPUMP™: Les Mills - This is the original barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

BODYCOMBAT™: Les Mills – This is a high-energy martial arts-inspired workout that is totally non-combat. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Cycling: The latest in cross training, cycling is an instructor-led program and is appropriate for beginners as well as avid cyclists. It's a high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!

SOULfusion: A creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music.

SOULstrength: A total body workout using rhythmic resistance, cardio conditioning, mobility training and core exercise. It's strength training to the beat of the music.

BarreFusion: A ballet, Pilates, yoga inspired workout focusing on defining, tightening and aligning the body. With added short burst of cardio and light weights, it's a perfect workout for all ages and levels.

Zumba: Latin-inspired dance fitness class. Zumba is fun, different, easy and effective.

Zumba Toning: Same fun dance as above, with light weights for an added element for toning.

Pickle ball Workshop: A paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels.

Power Sculpt: This multi-level class is a full body strength training and cardio burst. Using a variety of equipment these exercises will increase strength, muscular and cardiovascular endurance.

Y-Strength: This class is held in the outdoor functional fitness area and offers multiple exercise modalities to give you a versatile experience and introduce you to a variety of equipment. It aims to build strength and muscular endurance.

Beginner/Active Older Adult Classes

Strength & Balance: Strengthen your muscles and maintain stability with core and balance exercises created to enhance your quality of life.

Switch Up Classes : Saturdays at 8am and 9am; Fridays 5:30pm

This class has rotating instructors with a different format each week.