



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

BODY BALANCE: Les Mills – this class is a series of simple yoga moves, elements of Tai Chi and pilates choreographed to inspiring music.

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.

Cardio Fit: This class will have you move to energizing music with an exciting mix of dance moves & dynamic cardio. Low Impact/moderate intensity bursts – you choose! Perfect for all fitness levels.

Cardio HIIT: This class alternates between short burst of intense exercise and brief recovery periods. This fast paced class keeps your heart rate up and challenges your endurance, strength and agility. 45 minutes of fun!

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

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