

Aerobic Class Descriptions

Cardio Kick – This class combines upper- and lower-body strikes and blocks into a cardiovascular workout. The music and energy will help motivate you in this action-packed class! Ages 15+. All levels.

High Intensity Training (HIT) - Get ready for REAL fitness! HIT incorporates completely functional, closely-monitored, high intensity training to instruct members on how to improve their current level of fitness and, in the process, educate them on correct form and usefulness of an exercise protocol. Expect to incorporate olympic weightlifting, power lifting, basic gymnastics, medicine balls, plyometrics, running, etc. to become an athlete! This class is appropriate for all fitness levels, but more geared toward those who are familiar with exercising. Ages 15+. Intermediate-advanced level.

Interval Training – Interval Training combines exercise and rest to get your heart pumping and help you work on recovery. You'll use strength-based moves and cardio to make yourself push through those training plateaus. Ages 15+. All levels.

Pilates – Want a stronger core? Try our Pilates Class which strengthens the center, lengthens the spine, and builds muscle tone to make you feel and look your best. Decrease stress and realign your body while increasing your balance and flexibility. Ages 15+. All levels.

Run/Jog – Looking for some motivation on that run? Join our group and make some new friends as you push each other to train for that next 5K or marathon. Ages 15+. All levels.

Sculpt & Stretch –If you want to tone up and get ready for summer, you've found the right class. Sculpt & Stretch develops overall fitness and flexibility through the use of light weights and high repetitions. Feel the burn! Ages 15+. All levels.

Spin – Looking for a way to get in that cardio workout? Spin is our indoor cycling class that makes aerobic workouts fun. The instructors always make sure you have a good time and enjoy some motivating music while you push up that next hill. Ages 15+. All levels.

Step – Take the next step in your fitness program! This class involves stepping up and down on an adjustable platform and performing arm movements as well as other strength movements. The teacher will help you learn the choreography and keep the energy high while you get a great workout. You'll always finish class with some abdominal exercises to get you that six-pack. Ages 15+. Intermediate level.

Total Body Conditioning – This class combines resistance training and cardio to tone up your whole body. This is a highly varied class that makes working out hard and fun at the same time. Ages 15+. All levels.

Yoga – Increase your flexibility, balance, and well-being with this soothing class. Stretches, postures, and breathing practices will lead the way to deep relaxation. This is an excellent class for anyone suffering from chronic pain/stress. Ages 15+. Intermediate level.