

Class Descriptions

Mondays, 9am

BODY SHOP: MEDIUM to LOW IMPACT From top to bottoms to toes this class shapes & crafts the body. Utilizing, hand weights, resistance bands, body mats and creativity you will tone, strengthen, cardiovascularly condition, develop balance and flexibility all with core muscle strength.

Tuesdays, 9am

CIRCUIT TRAINING: MEDIUM TO LOW IMPACT An upbeat class where simple choreographed movements & plyometrics are blended with use of hand weights to chisel and sculpt the upper body. The lower body focus is on legs and butts and strengthening the lower back and abdominals.

Tuesdays & Thursdays, 10:00am

STRENGTH & TONE: 30 Minute Class for Seniors Utilizing hand weights, resistance bands and plyo-metric movements and low to medium intensity energy, you will tone, strengthen, develop balance and flexibility all with core muscle strength. The lower body focus it on legs and butts and strengthening the lower back and abdominals.

Tuesdays, 6pm

MPOWER AEROBICS: MEDIUM to HIGH IMPACT This is a classic! A high intensity fat burning class using adjustable platforms, cardio-kickboxing, dynamic choreographed movements to “move-it” music.

Wednesdays, 9am

CARDIO FUSION A challenging but fun aerobic interval work out using step and weights . This workout is designed to enhance cardio stamina and muscular endurance. Intermediate to advanced.

Mondays, 6pm

PILATES: Utilizing resistance bands and mats, the class concentrates on improving flexibility, posture, stamina, and over all strength through methodical, controlled movements and coordinated breathing. Pilates focuses on core training the abdominals, lower back, buttocks, hips and thighs.

Wednesdays, 6pm

BODY SCULPT: MEDIUM TO LOW IMPACT An upbeat class where simple choreographed movements & plyometrics are blended with use of hand weights and resistance bands to chisel and sculpt the upper body. The lower body focus is on legs and butts and strengthening the lower back and abdominals, utilizing Pilates techniques.

Thursdays, 9am

BODY SCULPTING: LOW IMPACT WITH HIGH INTENSITY: Utilizing hand weights, resistance bands, plyo-metric movements and high intensity energy, you will tone, strengthen, cardiovascular condition, develop balance and flexibility all with core muscle strength.

Mondays & Wednesdays, 10:00am

STRENGTH & TONE: 30 Minute Class for Seniors Utilizing hand weights, resistance bands and plyo-metric movements and low to medium intensity energy, you will tone, strengthen, develop balance and flexibility all with core muscle strength. The lower body focus it on legs and butts and strengthening the lower back and abdominals.

Thursdays, 6pm

BODY SHOP: MEDIUM to LOW IMPACT From top to bottoms to toes this class shapes & crafts the body. Utilizing, hand weights, resistance bands, body mats and creativity you will tone, strengthen, cardiovascularly condition, develop balance and flexibility all with core muscle strength.

Saturdays, 9:30am

MPOWER STEP AEROBICS: MEDIUM to HIGH IMPACT This is a classic! A high intensity fat burning class using adjustable platforms, music and choreographed movements to “move-it” music.

Tuesdays and Thursdays, 7PM/ Fridays, 9am/ Saturdays 10:30am/ Sundays 8:15am

YOGA: Thur/PM-VINYASA-all levels. Fri/AM-VINYASA-levels 1&2. A great workout for the fitness guru within you, this class challenges your body, mind and spirit to expand and develop. A vigorous, graceful, flowing asana routine which will make you sweat and relax. Feel free to go at your own pace or to take yourself beyond your own limits. Sat./AM & Sun./AM-This is a foundation class in fluid HATHA. Yoga movements for all levels of ability.

Monday 7am & 7pm/Tues, 8am/Wed, 7am&7pm/Thurs, 8am/Fri, 6:30pm/Sat, 8:30am/Sun, 9:30am

SPINNING: LOW IMPACT WITH HIGH INTENSITY: Riding styles in combinations of mountain biking, race riding and adventure racing. Combining power, balance, form and mental guidance with music, this ride is an experience for the body and mind. These methods are for all riding levels and are heart rate focused.