

Group Exercise Class Descriptions

Bootcamp - A fitness boot camp is type of group exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training.

Cardio Interval - A class that is sure to raise the heart rate by blending cardio exercises together for a fun yet challenging workout.

Functional Fitness – This class encompasses everyday movements, focusing on range of motion, core strength, and flexibility, varying daily so you never sweat through the same workout twice.

Gentle Yoga – Balance, release stress, and self-care are the focus of this nurturing practice. Reconnect your body mind connection with this gentle practice appropriate for all levels.

Intro to Weight Training – Learn the what, why and how of weight training!

Senior Fit with Stretch- Total-body workout appropriate for any fitness level. This class is designed to increase flexibility, balance, stability, muscular strength, and cardiovascular endurance.

Tabata - Each exercise in a given Tabata workout lasts only four minutes, but it's likely to be one of the longest four minutes you've ever endured. The structure of the program is as follows:

- Workout hard for 20 seconds
- Rest for 10 seconds
- Complete 8 rounds

Zumba- Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party