

Class Descriptions

Rip - This class uses barbells and other simple equipment to work your entire body! Plateau shattering exercises and rip-roaring new tunes shape the landscape for Rip. You will workout tackling various speeds, positions, and rhythms.

On the Ball - Come try this class for something different! This 45 minute class focuses on muscular endurance, core stability, strength, flexibility and balance while using the fit ball and BOSU. What a great way to start your mornings!

Cycle - If you want to strengthen your heart, boost energy, burn fat, tone thighs, glutes, calves and abs, then Cycle is for you. This is a great class for those who are just starting an exercise program, or wanting to add intensity to their current routine.

Muscle Fire - In Muscle Fire, every movement is specifically designed to get the heart rate up and burn fat off the muscles. Active recovery exercises are incorporated so we are never just standing around. Muscle Fire uses a variety of equipment to keep the class on their toes for awesome results!

Flex/Weight For It/Get Some - Sculpt yourself with head-to-toe conditioning using bodyweight, bands, balls and hand weights. Specific muscles are isolated in each exercise allowing you to focus on key areas. These freestyle weights classes will add variety to your weights routine, keeping you motivated and challenged.

Zumba - Takes the "work" out of workout. Zumba® classes are often called exercise in disguise, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome.

Zumba Toning - Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

STRONG by Zumba - Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. Plyometric or explosive moves like *high knees*, *burpees*, and *jumping jacks* are interchanged with isometric moves like *lunges*, *squats*, and *kickboxing*.

Tai Chi - Tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Active Lifestyle Fitness - Here is a class with active older adults in mind. It focuses on functional movement, incorporating resistance training, balance work, coordination and flexibility while promoting a fun, social experience. This class is 2 hours in length and winds down with stretching and relaxation to prepare your mind for the rest of the day.

Core Galore - This fun class combines the tenants of ballet form, the principles of yoga, and functional muscle work to promote good posture and increased strength and flexibility. The exercises are executed gently, applying balance and control, with the level challenge easily adapted from beginner to advanced.

HIIT It- High Intensity Interval Training. Expect to burn more fat, improve cardiovascular endurance and build strength in a F-HIIT class due to the intermittent periods of high intensity exercise followed by periods of less-intense work. Expect to see improved athletic capacity and condition, improved metabolism and increased fat burning in 4-6 weeks.

Power Up/Pure Power - These classes have it all! Weights, cardio, drills, balance, core and more! Come in and get a total body workout in just 45 minutes. When you leave you will know you worked hard.

Insanity - A cardio-based workout that combines the best of HIIT (high-intensity interval training) and strength moves designed to help you get fit fast! Each workout is packed with cardio drills, plyometrics, and body weight strength moves that help you get lean and strong. There are modifications for EVERY fitness level.

P90X - This is a total-body strength and conditioning class for anyone looking to get lean, toned, and fit! This motivating, results-driven workout is designed to burn calories and build muscle using light to moderate weights. It's perfect for all fitness levels and can be modified so everyone can participate.

Ropes - Challenge yourself and rev up your heart rate with this exhilarating class. Combine ropes drills with squats, plyometrics and other movements to get your whole body toned!

Fusion - Yoga, Mat Pilates, and core work make up the basis for this class. Low impact and modifiable for various fitness levels. This class will leave you feeling stronger and more flexible every time.

Yoga - Find your serenity with our Yoga classes. There are so many benefits to Yoga that you will want to come see for yourself. Decrease your stress levels while you increase your flexibility and peace of mind. Low impact and all fitness levels welcome.