

CLASS DESCRIPTIONS

Lower Level

- Yoga** This mixed-level class includes breathing, centering, sun salutations, poses, stretches and a final relaxation/meditation. **60 minutes**
- Power Yoga** This all-levels vinyasa-style class will focus on building strength and flexibility while linking breath to movement. Class design is patterned with a warm-up, salutations, strength & balance, core work, twisting & folding poses followed by relaxation. **60 minutes**
- Pilates** Strengthen your core, work on shoulder & hip mobility as well as balance & flexibility through sequences combining traditional and non-traditional Pilates moves. **60 minutes**
- Cycle 45** Get in a quick spin before starting your day! All the regular cycling drills condensed into 45 action-packed minutes! **45 minutes**
- Cycle Fusion** Enjoy the best of both worlds with this mash-up of cycling and off-the-bike work using free weights, bodyweight, mats and more. **60 minutes**
- Silver Sneakers** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. A chair is used for seated and/or standing support. Weights and bands are optional.
- Fit After 50** An energetic, fun class for all (even if you're under 50!). Weights, bands & chairs can be used to target balance, core & cardio.
- Power Step** An athletic step class that will get your heart pumping! Includes a weight segment focused on arms, chest and back. Finish with floor core work.
- Beginner Line Dancing** A slower-paced class for those new to line dancing. We'll start on square one with popular line dances.
- Acts of Fitness** Guaranteed to help you build strength and endurance while having fun! Variety of equipment used with circuits, stations, games and more!
- Toy Box** Each week we'll crack open our "toy box" and use a different piece of equipment for a fun and unique full body strength and cardio workout. Equipment will include steps, stability balls, Bosu, dumbbells and more.
- Power Pulse** Get ready to ignite your strength and stamina with Power Pulse, the ultimate fusion of HIIT and Tabata training combined with free weights and dynamic equipment. This high-energy class is designed to strengthen your entire body.
- Silver Sneakers Chair Yoga** This transformative chair yoga practice invites you to move your body with your breath, enhancing your energy levels and overall strength.
- Silver Sneakers Tai Chi** This low-impact class includes Tai Chi movements and poses designed to improve balance, stability and flexibility while also including breathing exercises and mindfulness techniques.

Gym

Zumba This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

Advanced Line Dancing This class moves through dances learned in the beginner class at a faster pace. More advanced dances are added to the line-up as we practice for “the show!”

20/25 This total body class features 20 minutes of cardio and 25 minutes of strength/core. Expect to use free weights and participate in mat work on the floor.

Recess Workout like a kid again! Play games just like you did in gym class or recess!

Groove Get ready for a rhythm revolution that will get your heartrate up and keep you moving without worrying about balance.

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Studio 2

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