

3-2-1 - This easy-to-follow class is a regimen of 3 minutes strength, 2 minutes cardio, and 1 minute of abdominal exercises done in a complete circuit!

639! - There are 639 muscles in the body and you will use them all in this challenging and dynamic sculpting class that uses dumbbells, bands, tubes, cardio-barbells, stability balls, & bosu trainers.

AB BLAST - It is all in the name! 30 minutes of abdominal, lower back, and core body strength training. All levels welcome!

CARDIOBOX - Basic yet intense boxing fundamentals combined with jump rope and plyometric techniques to condition the entire body. Set to high intensity music with lots of energy. Get ready to burn those calories!

DEFINITION- A non-stop synergistic blend of cardiovascular and weight training exercises, creatively woven together to promote lean muscle and rev up your metabolism. Functional movements are intense yet easy to follow.

HIP HOP - A new & innovative way to get your body moving & grooving through hip hop music. This class is meant for everyone, even those who have never touched a dance floor!

KARATE - offered by the Traditional Karate-do Association (TKA) by an instructor with more than 40 years of experience! The classes will offer safe and effective means of self defense as a great form of exercise in the traditional Japanese Shotokan Karate with emphasis on body movements, balance, muscle and breath control.

PILATES - This class will focus on improving your flexibility, posture, stamina, and overall strength through controlled movements and coordinated breathing. Pilates will focus on the abdominals, lower back, buttocks, hips, and thighs.

PIYO: A movement system that combines yoga and Pilates. PiYo is a strenuous technique that involves the stretching and strengthening of all the body's major muscle groups, creating a slender, streamlined shape rather than bulk.

RAW - A progressive, **NONTRADITIONAL** group fitness workout based on speed, agility and plyometric drills. A class for the hard core exercise enthusiast who has been searching for a workout that will take them to the next level! It's not just a class, it's your GOAL!

SPINNING - this class combines a foundation of basic cycling with motivational coaching, breathing, and heart rate training. Participants can burn an average of 500 calories in 45 minutes. All fitness levels are welcome, come along for the ride!

EXTREME SPIN - This extended studio cycling class is perfect for the experienced Spinner. Extra minutes will equal extra endurance, extra calories, and extra strength.

CORE & SPIN - This one hour combination class starts in the Spinning Studio then hits the floor to work your core! Two workouts in one to save time and get results.

TOTAL BODY STEP - This fusion class of cardio step, strength training, and jump rope conditioning is a complete workout. Non-stop movement will keep your heart pumping for 50-minutes of pure sweat.

TAI CHI - Tai chi is an ancient meditative exercise that improves body and mind. It is an effective slow-motion movement technique that reduces tension, anxiety and stress. It aids the respiratory function, the immune system and promotes general health benefits.

TRIPLE THREAT-One stop shop! Get your cardio and strength workout in 60 minutes. Triple Threat consists of 20 minutes of cardio, 20 minutes of strength and 20 minutes of abs and stretch.

TURBOKICK - High Intensity kickboxing class with a "dancier" edge.

YOGA - In yoga, we connect the movement of the body to the rhythm of our breath. Led by a registered yoga instructor, this class is open to all fitness levels. Poses will progress in a logical sequence and modifications will be offered to make the postures accessible to all individuals. Participants should bring a hand towel and bottle of water to class.

Y & R YOGA - Half Yin Yoga and half restorative yoga. This class is a passive practice, in which you hold poses and surrender to gravity. The net result is complete relaxation!

ZUMBA - a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

GROUP FITNESS

Fall

Schedule

August 24, 2009



Questions? Contact
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