

GROUP FIT DESCRIPTIONS

All classes are for all levels.

Les Mills BODYPUMP | Shape and strengthen your full body using Barbells to burn calories, increase core strength, and improve bone health.

Les Mills CORE* | A core workout for toning and sports performance. Build strength, stability, and endurance in muscles that support your core, improve balance, and prevent injury.

Les Mills SPRINT* | 30 minutes of high intensity cycle interval sprints and recovery ride. A great metabolic boost!



Les Mills RPM* | 45 torching minutes of spinning through hills, standing climbs, and sprints!



Les Mills RPM + Arm Intensive* | 45 torching minutes of spinning through hills, standing climbs, and sprints! Topped off with a 15 minute arm sculpting workout.



Boot Camp / HIIT | Mix up your routine with a combo of cardio, body weight, and strength training.

Kettlebell AMPD* | 45 minutes of Kettlebell moves to burn calories and build muscle!

KrocFit | Strengthen your body & challenge yourself with functional fitness like never before! Our CrossFit certified instructors will ensure that everyone from beginners to experienced athletes learn proper technique and safety to maximize results.

Strength 360 | A full body strength training experience designed to build muscles, improve endurance, and increase power. Using a mix of free weights, resistance bands, and body weight exercises, this class targets all major muscle groups in a balanced, well-rounded format. Expect a combination of traditional lifts, dynamic movements, and core-focused training to challenge strength, stability, and mobility.


Zumba | Non-stop cardio dance class! Combo of fast and slow rhythms using Hindi, American, African, and Latin beats.

Glutology 101 | Solidify and strengthen your glutes in a 45 minute class that is a mix of standing and mat work, topped off with a torching emphasis on your core. All levels welcome!

Barre | A high energy mixture of low and high impact movements that focus on posture, flexibility, and the entire body!

Pilates Sculpt | Mix up of Pilates, mobility, and light strength training.

ABBREVIATIONS AND NOTES:

 = Spin Class

Asterisks* = 30-45 minutes long, instead of an hour



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GROUP FIT DESCRIPTIONS

Deep Stretch and Mobility |

Low impact, floor based deep stretching and joint mobility.

Vinyasa Yoga | An energetic class with upbeat music and movements that starts with basic poses and escalates to challenge participants. Modifications are made mindfully to create a safe, effective experience for all ability levels.

Yoga Strong | Not your typical yoga class, this hour-long high-intensity interval training workout takes yoga-based movements to a new level! It's fast-paced, fun, and guaranteed to work up a sweat. Modifications are available for all levels.

Slow Flow Yoga | Connecting breath and fluid movement to work the entire body, attention is paid to alignment, variations for all levels, and ease of transitions from pose to pose. Each session varies but will include aspects of flexibility, mobility, and integrity of movement. It encourages participants to be present in their bodies, checking in with themselves and building a sense of peace.

Stretch and Breath Yoga | A science-based, targeted mobility training method for all levels practiced on yoga mats. Helps with stiff backs, locked up hips, and tight hamstrings. Focuses on breathing to deliver flexibility results quickly.

Yoga Blend | Designed to flex muscles and guard against potential injuries, this class blends elements of Slow Flow, Vinyasa and Mindful Yoga styles. Strength, flexibility, and breathwork are at the core of this practice.

Silver Classic | Focuses on strengthening muscles and increasing range of movement for daily life activities. Uses hand-held weights, elastic tubing and a medicine ball. Chairs are available for seated exercises and standing support.

Silver Yoga | A chair based class introducing Yoga postures and breathwork basics to stretch the muscles, improve joint mobility and increase flexibility. Includes seated and standing work, using the chair for stability and balance.


Silver Circuit | A mix of cardio and strength training, this class includes pull-ups, push-ups, squats, and deadlifts. Participants move through rotating stations and use a variety of equipment such as dumbbells, barbells, and medicine balls to improve agility and balance.

Silver Strength |

A full-body workout using weight plates, barbells, resistance bands, and bodyweight exercises that compound with isolation exercises to get you lean, toned, and fit.

SENIOR FITNESS CLASSES

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Aqua Zumba | Get toned to adrenaline pumping choreography that moves you to Latin based dance rhythms!
Vamos a bailar!

Hydro Tone | A high-cardio, active workout in shallow waters. Great for increasing balance, toning muscles, and building strength without using heavy weights.

Deep Water Fitness |

Floatation belts are available for suspension support.

A full-body workout designed for core strengthening, stretching, and re-alignment. Takes place in deep water.



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