

CLASS DESCRIPTIONS:

Cardio Dance	This class is easy-to-follow moves set to music that makes you want to get up and dance all while burning calories. (45 min)
Get Fit and Toned	A strength-based class that incorporates dumbbells, barbells, bodyweight exercises, stability balls and more (45 min.)
Kick Boxing	Kickboxing combines basic drills used "in the ring" as well as "out of the ring" to help tone the body as well as the heart. We will use standing bags; bring your own boxing gloves. Sign up required within 24 hours of class. (45 mins)
Kick Start Fitness	Kick Start is an intro level class that demystifies fitness by introducing a variety of workout methods and styles to build confidence and comfort for participants new to exercise or returning to a healthy lifestyle. (45 mins)
Line Dancing	An instructor-led class that teaches both new and old-line dances. (45 min)
Senior Yoga	In senior yoga, chair support is offered to safely perform a variety of seated and standing yoga poses designed to increase flexibility, balance and range of motion. (45 mins)
Social Run	This weekly run is for runners of all abilities. Each week will be around West Knoxville and the pace will be set by the slowest runner. (45 mins)
Spin	An instructor-led class on indoor spin bikes that takes you on rides through flats and hills while you control the intensity. Sign up required within 24 hours of class. (45 mins)
Strength Train Together	Combines strength exercises and functional training moves, utilizing a barbell, weight plates, and your body weight, to make you fitter and stronger. High-rep training and athletic movements are key components of this results-driven workout! (55 mins)
Strength and Sculpt	A workout that combines strength exercises, cardio bursts and your body weight to increase your strength, endurance and muscle definition. (45 mins)
Suspension Training	A low-impact, full body workout with suspension trainers that will work improve your cardio endurance and your strength. Sign up required within 24 hours of class. (45 mins).
Ultimate Fit	A functional fitness-based class that uses kettlebells, plyometric boxes, jump ropes, plate weights, and dumbbells to improve overall fitness, strength, and agility. (45 mins)
Water Aerobics	Aqua Aerobics class for all fitness levels. Cardio and strength training. You do not have to know how to swim to take this class.
Yoga	Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength. (45 mins)
Yoga Boot Camp	This challenging yoga class is for students who would like to increase strength and flexibility. Strength moves, with light weights, will be added into a flowing-style class with a focus on the core. (45 mins)
Zumba	A fuse of Latin rhythms and easy-to-follow moves to create a dynamic workout. (55 mins)