

Group Fitness Class Descriptions

Aquatic Fitness

A non-weight bearing type of class that allows you to work against the resistance of the water. It provides the same benefits as a regular aerobics workout without stressing your joints. Using barbells, bars and noodles to increase muscular strength and endurance, it will be the perfect supplement to your current workout routine! (Note: all formats are presented in a way that does not require participants to be fully submerged in water).

Body Blast

A fast-paced workout that will keep your body guessing! The format changes every day: Athletic drills, plyometrics, cardio kickboxing, BOSU and athletic-based step aerobics to increase your cardiovascular endurance. The use of free weights, Body Bars, medicine balls and swiss balls will increase your muscular strength and endurance. It is time for results!

Body Tone

Body toning is weight training class infused with cardio circuits. The class typically begins with upper body and then breaks into 3 3-min circuits, followed by lower body and finally core. Challenging but fun! A great way to stay in shape.

Cardio Combo

These 60-minute class formats incorporate the best of both fitness worlds – cardiovascular exercises to work up a sweat and light strength training to tone stubborn muscle groups. They feature easy step-aerobic work, light barbells, strength bands and hand-held weights all in cadence to revitalizing, upbeat music. Get a great total body pump and construct a healthy body all from one class setting!

BOSU Challenge

A class that utilizes the BOSU along with Body Bars, free weights, and medicine balls to give you a total body workout. The perfect supplement to your current workout routine!

Buns-n-Abs

A class to target and tone those infamous trouble areas. This fun and energizing 60-minute class will isolate the glutes and abdominal areas to help give you the toned and chiseled look you have always wanted.

Cardio/Cut to the Core

A fusion class that combines a cardio segment and core strengthening exercises to properly train and engage your core muscles. Get ready to maximize results!

Cardio Kickboxing

Cardio Kickboxing will significantly increase your heart rate by utilizing basic kickboxing moves choreographed to the beat of the music. The format is designed to work both lower and upper body muscle groups in one session and, with a consistent work plan, will help develop and improve your agility and endurance. All cardio kickboxing movements emphasize energizing, aerobic-based activity rather than overall martial arts practice (prior martial arts experience is NOT required). Equipment that may be used will be elastic work out bands and a punching mat (flat shield mat). Certified by IFTA (Interactive Fitness Trainers of America) in Kickboxing Specialty.

Core Fitness

This class will thoroughly focus upon the abdominal, oblique, and lower back muscle groups, commonly known as the core musculature. Functional exercises, such as balance and flexibility techniques to assist with everyday activity will be incorporated as well.

Indoor Cycling: Morning Ride / Noon Ride / Evening Ride

A workout to help you improve your cardiovascular fitness and burn calories! Features upbeat, cardio-packed characteristics including hills, sprints, intervals, and time-trials. Come enjoy a simulated outdoor ride, intense drills, or an occasional themed adventure! If you are new to class please come 10 to 15 minutes early so the instructor can help you with correct positioning on your bike.

Muscle Fusion

A 60 minute barbell strength program that combines higher-reps, mid-range weights and cardio sport intervals to work every muscle group of your body. Get fit, get cut!

Pilates

Just as the creator of this format intended, Joseph Pilates' methods have improved the quality of life for countless of health & fitness enthusiasts for over 80 years. A mat class that provides a full-body workout with an emphasis on the core muscles and proper alignment. Classes may feature therabands, BOSU's, and fitness balls to target specific muscle groups.

Power Cut

Sculpt your body with the vast toning abilities of Free Weights! Utilize the lightweight bar & free weight plates to exercise all major muscle groups.

Simply Step

A high intensity class utilizing the step. It consists of choreographed step and rhythm-based patterns. This class will not only invigorate you but entertain you as well!

Stretch-n-Strength

Stretching, strengthening and releasing tension is vital to an overall healthy body, mind, and spirit. A gentle mat class combining the full-body workout of Pilates and the stretching and relaxation of Yoga.

Yoga

Jessica's Formats: A gentle Flow Yoga mat class focusing on stretching, alignment, and holding poses to gain strength. The class incorporates breathing and meditative exercises to calm and focus the mind and gain awareness of the body.

Zumba

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Zumba integrates some of the basic principles of aerobic, interval, and resistance training. The cardio-based low impact dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteus, legs, arms, and core; and the most important muscle in the body. the heart! The "basic steps" formula makes it easy and fun for any fitness level.