



DROP IN FITNESS CLASS DESCRIPTIONS

Fitness Pass or Single Visit Fitness fees apply. Participants should check with a physician before starting a new exercise program and always work at a pace appropriate to their current fitness level. Gentle Classes – ideal for those looking for slower pace or those with limited range of motion or reduced mobility. Classes are Co-ed, are 45-60 minutes in length with a variety of intensity options for all levels of experience. Classes and Instructors are subject to change without notice. Please bring a water bottle to each class. You are encouraged to keep hydrated before, during and after your classes.

ABS, BACK & BALANCE – Focus on form and function of the core plus Balance exercises.

BARRE -. A combination of exercises inspired by ballet and other disciplines like yoga and Pilates. Exercises focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements.

BODY 360 –This is an all over Muscle Conditioning class using a variety of equipment to target all muscles “around” your body.

BODY SCULPT- A total body work out using a variety of equipment to tone, improve muscle strength and endurance.

BOOTCAMP/ BODY BLAST BOOTCAMP - Challenge yourself in a class that involves intervals of cardio drills, resistance training and calisthenics using your body weight such as push-ups and squats.

CARDIO/SCULPT- Get the best of cardiovascular, muscle conditioning and a full body stretch in one great class. A variety of class formats and equipment will keep you energized.

CARDIO & CORE -. A variety of cardiovascular exercises, combined with exercises to strengthen your core (abdominal, back muscles).

CARDIO DANCE -. Stomp, flick, wiggle, hop, snap, clap, shimmy, shake, slide, glide, smile and laugh your way through this invigorating cardio fitness class. The focus is on fun and less on technical dance. Themes may be included

CARDIO DANCE PARTY -. Explore different Latin Rhythms from around the world. Get fit dancing to a variety of Latin beats such as Salsa, Tango, Samba, Zouk and Bachata.

CYCLE - A class on indoor bikes with music. Special shoes not needed. Please bring a water bottle. Space is limited; sign up is available 15 minutes before each class and due to popularity, only one signature per person. Have fun with a variety of drills that feel like you are riding on flat roads, climbing, and sprinting at various tempos.

CYCLE/SCULPT – includes muscle conditioning off the bike.

GLIDE& SCULPT - Using gliding discs, this class allows for smooth, graceful movements to tone and strengthen multiple muscles at the same time. This is a total body workout and includes cardio. No matter your fitness level, this one is for you!

H.I.I.T. High Intensity Interval Training or V.I.I.T. Variable Intensity Interval Training- a high intensity class consisting of cardiovascular and muscle conditioning intervals. You can get long lasting fat-burning and heart-busting benefits from one great class.

JUST MUSCLE – A muscle class using a variety of equipment for muscle toning, strengthening, and endurance.

JUST CORE - Your midsection muscles are power sources of your body, let these 30 minutes of great ab/back strengthening workouts develop your core like never before!

KETTLEBELL CRUNCH - swing, lunge and squat your way to a more toned and stronger body.

PILATES FIT - Low-impact exercise that aims to build strength, develop endurance, and improve flexibility of the entire body. Through proper body alignment, breathe and functional engagement the results are strength and improved overall movement.

PILOGA - A mixture of Yoga Fit and Pilates Fit exercises that have been blended so you get the best of both. Class may include the use of a mat or towel.

PUMPED UP - A group weight training class using a barbell and a variety of weighted plates. Class is like working out in a weight room.

POWER HOUR - This class mixes strength training and cardio for a full hour of total body conditioning. Get it all done in one class.

SCULPT & SWEAT - The best of cardiovascular and muscle conditioning. A variety of class formats and equipment will keep you energized and excited for more.


STEP/MUSCLE INTERVALS - This combo class alternates between cardio patterns on the Step and muscle conditioning using a variety of drills and equipment.


BASIC STEP & ABS- This class offers just the basics when it comes to step and is an excellent class to learn “how to.” Class includes abdominal work at the end.


STRETCH AND STRENGTH - Improve strength and balance with weights, bands, and body weight exercises. Then enjoy a long stretch and relax


STRETCH OUT – Enjoy stretching and bending to encourage flexibility, muscular balance, and better posture. Suggested equipment a mat or towel.



 **TOTAL BODY WORKOUT-** Get the best of cardiovascular, muscle conditioning and a full body stretch in one great class. A variety of class formats and equipment are used.

 **YOGA FIT-** Uses a variety of stretching principles, breathing and relaxation techniques to reduce muscle tension and promote flexibility. Class may include the use of equipment such as stretching bands or blocks or similar household items, and a mat or towel.

 **YOGA STRETCH** – Combines the breathing and relaxation techniques of Yoga through stretching and bending. This class will work on flexibility, balance, and posture. Class may include the use of equipment such as stretching bands or blocks or similar household items, and a mat or towel.

 **ZUMBA** - Inspired by Latin and International dance, this is a great cardio fitness class with the focus on fun, calorie blasting workouts. This is not a step-by-step dance class. No equipment required.

 = Low Intensity

 = Medium Intensity

 = High Intensity