

Class Descriptions

Fit and Fabulous Seniors

A variety of movements to improve balance and increase muscle tone. A combination of weight training for the upper body and leg exercises for the lower body along with lots of attention to strengthening the core. Fun-filled and essential for the senior population.

Lunchtime Fitness

Lunchtime fitness consists of a variety of muscle toning and strength training exercises to improve overall health and quality of life. This class includes weights and exercise on the mat. This is a full total body workout.

Body Blast Boot Camp

This 60 minute class incorporates the use of large muscle groups in order to promote strength and endurance, as well as cardiovascular fitness. This class meets in the fitness center, but we will occasionally be outside or in the pool area (bleachers).

Triathlon Training

This class meets two days per week and involves all of the aspects of triathlon training for beginner to intermediate levels. Day one consists of both spinning and swimming, where proper techniques are taught as well as drills. Day two consists of running (outdoor or treadmill) as well as swimming (90 min.)

Beginner Step and Core

This class will take you back in time to when step was very popular. It is still one of the best cardio classes and will challenge all fitness levels. Most of the class is done on an adjustable platform ending with core strengthening exercises. Fun for all.

Boot Camp

This instructor class is designed to work all muscle groups using a variety of fitness equipment and exercise. It is held in our Fitness Center and is designed for all fitness levels (45 min.)

Karen's Senior Power

Come join us for a fun, quick-paced senior workout that engages each of your muscle groups. This class is designed for you, regardless of your fitness level, with challenges offered in each class available when you are ready for them. From head to toe, this class will increase your muscle strength, range of motion, and improve your balance through a lively 45 min. class that will build your Senior Power! This class is offered on Tuesday at 10:30 am and on Thursday at 9:30 am.

Spinning®

A cardiovascular group cycling program performed on a stationery spin bike with expert coaching, inspirational music, and a mind-body philosophy. This class incorporates heart-rate training, visualization, great music, and plenty of motivation. This class is for all fitness levels (45 min.)

Total Body Conditioning

This 45 min class engages each muscle group for an entire body workout. Offered Tuesday and Thursday at 8:30 am with Karen, this full body workout is achieved through high repetition sets and non-cardio exercises. This class uses dumbbells, barbells and ankle weights. Come join in the fun and get a great workout. You'll feel great all day!

Strength and Stretch

A total body conditioning class geared to building strength, endurance, and flexibility. Whole body wellness and longevity approach to fitness using calisthenics and weighted exercises.

Go with the Flow Yoga

This open level yoga class is for those new to yoga or those wanting a basic flow class.

The basic foundational yoga poses are practiced to align, strengthen, and promote flexibility in the body. Full body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers.

All are welcome. No experience necessary.

Healthy Back

This class focuses mainly on core and back strengthening exercises. Most of the workout is done on a mat and a swiss ball. It is a total body work out. This class is for experienced fitness enthusiasts.