

Group Fitness Class Descriptions

BALL CLASS – Improve balance, alignment, flexibility, and strength in this challenging workout. Good for those experienced exercisers as well as any one new to fitness classes.

BEGINNER FITNESS – A class for anyone interested in learning the basics of aerobics including step, floor and strength. This is an excellent class for those beginning aerobics classes.

CARDIO BLAST – Instructor will incorporate a variety of methods of aerobic conditioning (floor aerobics, step, interval or kickboxing, etc.). Each class will be a different and challenging cardio workout.

CHAIR YOGA – Learn to use your breath to relax into stretches that will improve flexibility, strength and balance in a calming environment.

DANCE AEROBICS – Instructor will incorporate a variety of dance aerobic conditioning. This class will be a different and challenging cardio workout.

INTERVAL TRAINING – This class is a challenging mixture of aerobic & anaerobic exercise that includes simple strength & cardio conditioning.

PILATES/BALL – This all level class combines the ball class with the Pure Pilates class. Great for all fitness levels.

STRENGTH-Tone and Firm your entire body. Every muscle group is worked using bum bells, bars, balls and tubing. Ending with a full 15 minutes of stretching. All levels

YOGA – Improve flexibility, strength, and balance in a calming environment. This class includes flowing yoga poses, balance, stretch, and relaxation. Beginners welcome modifications shown for all participant levels.

Group Water Class Descriptions

WATER AEROBICS - An exhilarating water workout with conditioning segments enhanced by the resistance of the water. All levels.

DEEP WATER - A water workout in deep water using buoyancy devices. Swimming skills are not necessary, but one must be comfortable in deep water. All levels

WATER WALKING - This class involves various walking and running patterns through the shallow water combined with muscle conditioning and stretches. A challenging workout that is easy to follow.