

Free Group Fitness Classes (FREE for members only)

NEW!! PiYo – PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. But, it cranks up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

CIRCUIT TRAINING – This is a total body fitness workout. A great class that focuses on arms, legs, abs and your heart! This class is a great way to get your cardio, strength and flexibility in one class.

HIIT - High Intensity Interval Training is an efficient, effective and fun workout system. Boredom is minimized because you keep moving with little or no rest between exercises. HIIT is an effective way to burn calories and improve your cardiovascular fitness.

INDOOR CYCLING - This is an exceptional cardiovascular workout. This class uses major muscle groups (i.e. the legs!) and raises the heart rate. Cycling is a good form of exercise for those with certain joint problems because much less pressure is exerted on the joints. Classes are limited to 12 participants. Classes held in Cycling Room.

LET'S GET IT STARTED - Participate in this class to receive a variety of workouts! Each day has a unique and specific focus. Come one day for cardio endurance, another for interval training, and yet another for a boot camp style workout. A great way to get your day started right!

SCULPT - Sculpt a whole new you by challenging your major muscle groups through strength training to tone your body. This class uses various forms of resistance tools to build muscle strength and endurance.

SILVERSNEAKERS® CLASSIC- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SILVERSNEAKERS® CIRCUIT- This fun class will increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

HATHA YOGA - During Hatha yoga, you use physical postures to align your body and allow energy to flow freely. Yoga is intended to improve balance, flexibility, and strength. Some poses also massage internal organs and enhance circulation, digestion, and hormonal activity in the body. Yoga is a gentle, non-impact form of exercise that is suitable for all fitness levels. Classes held in Fitness Room.

ASANA YOGA - Asana yoga cultivates body awareness, relaxation, and concentration while moving from one firm but relaxed position to another. Students of all ages, health, and skill levels will concentrate on breathing and move at their own ability from posture to posture to build strength, balance, and flexibility.

POWER YOGA - Power Yoga takes yoga and athleticism and combines them into an intense workout with emphasis on strength and flexibility. Students will learn a series of Vinyasas (movement from one posture to another while breathing), first holding each posture for a few breaths then speeding up the change of postures into a flowing intense workout.

YOGA PLATINUM- Yoga Platinum will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

ZUMBA® - A fun filled workout that combines upbeat music with thrilling dance and fitness movements that will leave you excited about meeting your fitness goals.

ZUMBA® TONING - Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Light hand weights enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

BURSTFIT WATER - A workout designed with strength, endurance and core training exercises to target your key fat burning areas and give you a lean physique.

DEEP WATER - Let the buoyancy of the water keep you afloat and its resistance gives you a workout. This deep water class is an excellent cardiovascular and toning workout. It is ideal for those whose joints cannot tolerate impact.

WATER FITNESS - This is a water workout which provides a variety of activities ranging from dance to boxing to keep your workout exciting. Classes will incorporate cardiovascular conditioning, interval training, resistance exercises, and flexibility. Uses shallow water.

WATER IN MOTION® – This class offers the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that water provides while reducing the impact on your joints, specifically the knees and back.

WATER, MIND AND BODY – This is a fun, low stress way to strengthen and stretch your whole body. All exercises are in shallow water to allow strain-free, full range, integrated muscle movement to aid balance and to increase body control. No swimming skills required.