



Group Fitness Classes

Instructors Choice: This class is 45 minutes of different formats. The workouts could consist of a circuit class, cardio, stretching or weights. Enjoy this great workout with weekly changes!

Core & More: Join our training session that targets: cardiovascular endurance, muscular strength and toning exercises with free weights and stability balls.

Iron Works: Reduce your risk of muscle mass loss by picking up free weights to tighten and tone all major muscle groups.

The Dance Club: Join **The Dance Club** and learn dance routines to perform in the community.

Step Interval Training: "Step Up" your calorie burn with a mixture of rhythmic stepping combined with resistance intervals! Suitable for all fitness levels; step sequences can be performed without a bench.

Spotlight Class: Join us on Saturdays at 11:00 am! New Classes Featured Monthly. No Classes in Nov. & Dec.

Barre Fusion: Develop strength and improve posture with a fusion of barre combinations and exercises using small weights/resistance tubes. No dance experience required.

In the Conference Room

Sit Down & Get Moving: Chair workout: Work all major muscle groups to improve your muscle tone, flexibility, and posture. Increase physical strength, range of motion, and endurance. These exercises can be done standing or in a chair.

Cardio Chair Dance: Enjoy fun, easy to follow cardio routines while sitting in a chair. Burn calories, improve circulation and increase your heart rate.

Chair Yoga: A gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. Chair Yoga classes are created specifically for people with limited mobility and injuries. Chair Yoga classes include yoga exercises, postures, stretches, breathing exercises and meditation techniques.

Tabata® HIIT: Interval training! Each workout segment is only 4 minutes long with a work/rest ratio of 20/10 but you will work harder in 4 minutes then you would in 30 minutes of steady state.

Tai Chi I: Beginner Level (8-forms). **Can be done in a chair.**

Tai Chi II: Beginner – Advanced Level (40-forms).

Tai Chi Long Form: Yang Style - Long Form. Tai Chi flowing movements and stretching. Improve your balance, increase lower body strength and flexibility.

Tai Chi Fundamentals/Balance: This class will teach you the basics for balance, strength and relaxation. Learn to listen to your body and not your mind.

Gentle Yoga: First timers welcome; a gentle yoga class that focuses on flexibility, strength and balance.

Harmony Yoga: Harmonize body and mind with postures promoting strength, flexibility, balance and relaxation.

Yin Yoga: All levels welcome! You will be guided through the postures of dragon, swan, caterpillar and much more as we go deep within the body to open the hips, spine and pelvis. This practice will enhance all other activities.

Yoga Flow: Poses move with the breath in this vinyasa-style practice. This is an All-Levels class. Modifications are shown for challenging poses.

Stretch & Flex: Take a time out to stretch all your major muscle groups and enjoy some relaxation while you stretch and rejuvenate!

ZUMBA®: Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

Zumba Gold®: It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Zumba® Toning: Blend body-sculpting techniques with light weights and Zumba® moves into a single calorie-burning, muscle-toning class.