

Fitness Class Descriptions Winter 2025

Member-Only Classes

CLASS	DESCRIPTION
Spin	Special stationary bikes, trained instructors and motivating music provide a great workout. We STRONGLY encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel. Available for Member Exclusive and Non-Member.
Functional Power	This high-intensity class fuses functional strength, explosive core work, and dynamic movement patterns to boost performance, stability, and power. Expect sweat, challenge, and results! Available for Member Exclusive and Non-Member.
Pilates- Dynamic	Dynamic Pilates class is a more energetic and challenging variation of traditional Pilates. It combines controlled movements with a faster pace and added resistance to build strength, improve flexibility, and enhance core stability. Expect a full-body workout that targets deep muscles, improves posture, and leaves you feeling strong and revitalized
Senior Fit Circuit	Stay strong, active, and confident with this low-impact, full-body circuit workout designed specifically for older adults. Move through a series of functional exercises that improve strength, balance, flexibility, and coordination. Chair support is offered to safely perform movements.
Spoga	A yoga- spin hybrid class, designed to give you 30 minutes of cardiovascular workout on the spin bike, followed by 30 minutes on the yoga mat. The combination allows you to increase your overall fitness while improving flexibility and core strength.
Senior Fit Yoga	You 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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction.
Strength Fusion	A high intensity workout combining strength training and functional movements to build muscle, improve endurance, and boost overall fitness. This class blends weightlifting, bodyweight exercises, and circuit-style training to challenge your body and deliver powerful results. Perfect for all fitness levels!
Tabata	Tabata class is a fast-paced, high-intensity workout that combines short bursts of exercise with brief rest periods. It's designed to improve strength, endurance, and overall fitness in a short amount of time. Expect a challenging and energizing session that gets your heart rate up.
Restore Yoga	Join us on Sunday mornings for our restorative yoga class. This is an excellent pathway to quiet the mind and calm the body. With the use of props such as blocks, and blankets restorative postures release tension and encourage surrender into a deeper sense of relaxation and stillness. Restorative yoga classes are perfect for all levels of experience and stages of flexibility.
Student Yoga	Designed specifically for students, this class offers a balanced blend of gentle movement, mindful breathing, and relaxation techniques to support both physical and mental well-being. Participants will enhance flexibility, focus, and stress management while developing healthy habits for academic and personal success. Suitable for all experience levels.

ALL OTHER CLASSES

CLASS	DESCRIPTION
TRX Circuit	Join us for this metabolic total body workout. Circuit training will include TRX straps as well as other aerobic and strength stations.
Total Body Start	A beginner-friendly class that focuses on building a strong foundation with bodyweight and dumbbell exercises. Perfect for those new to fitness, this class targets all major muscle groups to improve strength, mobility, and endurance.
Water Fitness	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
Silver Sneakers Classic	Have fun and move to the music through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and workout balls are offered for resistance. A chair is available if need for seated or standing support. *Virtual Option Available*
Silver Sneakers Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a workout ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. *Virtual Option Available*
Kettlebells	This class is a high intensity class incorporating all basic Kettlebell movements as well as learning some advanced moves. This class will help you gain strength while improving cardiovascular health, balance and flexibility. Pre-req: Kettlebells Basics or instructor permission required.
Corefusion	A class combining the fundamental movements of both Pilates and Yoga. Emphasis on breath work and core strength.
Hardcore Bootcamp	A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel. Class may utilize outdoor space as weather allows.

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Pilates Level 1	An introduction to the fundamentals of Pilates, this class focuses on core strength, alignment, and controlled movement. Students will learn proper breathing techniques and foundational exercises to build stability, flexibility, and body awareness. Ideal for beginners or anyone looking to refine their technique.
Pilate Level 2	Building on the foundations of Level 1, this class offers a more challenging and dynamic practice. Participants will explore advanced variations, increased resistance, and fluid sequencing to further develop strength, coordination, and endurance. Recommended for those with prior Pilates experience seeking to deepen their practice. Please speak with instructor before signing up
Aqua Therapy	A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.
Boxing Basics	Step into the ring—without the hits. This high-energy, non-contact boxing class is designed for individuals looking for a powerful workout that builds strength, stamina, and stress relief without sparring. You'll learn real boxing techniques—footwork, combinations, and bag work—while improving cardiovascular fitness, coordination, and confidence. No experience required. Gloves on, stress off. Personal equipment will be needed at participants expense after the first week of classes. (wraps and gloves)
Posture, Balance, & Mobility	Improve your posture and overall health in this 5- week session, focused on balance, mobility, and overcoming the fear of falling. The Alexander Technique is a proven technique that helps restore balance, improve coordination, and reduce chronic pain.
Zumba	Get ready to groove in a 60-minute Zumba class that transforms fitness into a dance party. Start with a fun warm-up to get your body moving, then dive into a high-energy mix of salsa, merengue, and hip-hop.
Gentle Yoga	A class for true beginners and those requiring a very basic gentle class. Gentle yoga will emphasize breath work, proper body alignment, and begin the process of improving health through the practice of yoga. Focus will also be on linking breath with the movement. Participants should be able to get on/off the floor.
HIIT	HIIT (High-Intensity Interval Training) is a fast-paced workout that alternates between intense bursts of exercise and short recovery periods. Designed to maximize calorie burn and improve cardiovascular fitness in a short amount of time, HIIT is effective for building strength, endurance, and increasing metabolism. It can be customized to all fitness levels and typically includes a mix of cardio, strength, and bodyweight exercises.
Barre	A dynamic fusion of ballet-inspired movement, Pilates, and strength training. This low-impact, high-intensity class focuses on small, precise movements that sculpt muscles, improve posture, and build endurance. Expect a full-body burn with light weights, pulsing holds, and core-focused work—all set to upbeat music.
Ability Fitness	For Adults and Teens with special needs. We welcome individuals ages 14+ to join us for a fun and healthy fitness class. Class will include riding stationary "spin" bikes for cardiovascular exercise as well as functional based strength training. Strength training may include body weight exercises or other forms of resistance including hand weights, resistance bands, stability balls or aerobic steps. Instructor will make modifications to meet the needs of the participants as best as possible. Individuals requiring special accommodations such as additional staff support should register at least 15 days in advance. * Please be sure to note any special accommodations or medical alerts on the registration form.
1st Year Tai Chi	This class will introduce students to this ancient Chinese martial and movement system that can help alleviate stress, calm the mind, improve balance and circulation and increase flexibility. We'll use various Yang style Tai Chi movement and classical Qigong healing exercises to help us learn to direct our life force (Chi) to relax and energize the mind and body and move toward a more relaxed mindfulness. This course can be repeated as many times as the student feels necessary before moving on to the Continuing class.
Continuing Tai Chi	This class is designed for experienced practitioners to bring their Tai Chi skills to the next level. We will focus our practice on Tai Chi fundamentals and principles, improved energy and body balance and an enhanced body-mind connection using more complex form movements and Chi (life force) cultivation exercises. Requirement: two years experience or permission of the instructor.
Osteoporosis For Women	This class is designed to help women build strength, improve balance, and enhance bone health in a safe and supportive environment. Through low-impact weight-bearing exercises, posture work, and flexibility training, participants will learn effective ways to maintain mobility and reduce the risk of falls or fractures. Suitable for all fitness levels, with modifications provided to meet individual needs.
Strength Fusion	A high intensity workout combining strength training and functional movements to build muscle, improve endurance, and boost overall fitness. This class blends weightlifting, bodyweight exercises, and circuit-style training to challenge your body and deliver powerful results. Perfect for all fitness levels!
AT For All	The Alexander Technique is a method for improving posture, coordination, and overall movement. It emphasizes the relationship between the head, neck, and back and how these elements influence the overall bodily coordination. By becoming conscious of these patterns, individuals can learn to release unnecessary tension and move in a more balanced and efficient manner.