

ALL FREE!

GROUP FITNESS SCHEDULE

FALL 2017

EFFECTIVE 8/28/17 - 12/9/17

Aqua Shallow - 45 minutes

Get ready to take the plunge. This class will get your heart pumping while using the resistive properties of water to kick your cardio up a notch! Swimming skills not required.

Aqua Deep - 45 minutes

Challenge your water workout by taking it to the deep. Less tension on the joints with more resistance. Jogging belts provided.

Boot Camp - 45 or 60 minutes

This total body interval class mixes calisthenics and body weight exercises with cardio and strength training. These classes are designed in a way to be different all the time and push each participant harder than they'd push themselves. Boot Camp works you from head to toe so you'll be ready for anything life brings.

Core Blast - 30 minutes

Get ready to strengthen your core and tighten your abs for better functional strength with this class. Focusing on the abdominals, obliques, and lower back muscles, you will challenge the powerhouse of your body in just 30 minutes!

Core de Force™ - 45 or 60 minutes

This MMA-inspired, total-body workout uses core conditioning combinations, bodyweight moves, and cardio spikes to harness the power of the core and you feeling like a total badass!

Cycling - 45 and 60 minutes

This group cycling class is designed for all fitness levels, offering an exhilarating cardiovascular workout. We offer 45- and 60-minute rides each week that are set to upbeat music designed to push you to maximize your calorie burn.

H.A.B.I.T.: Hips, Abs, Buns, & Incredible Thighs- 45 minutes

The title says it all. This class will use a variety of equipment to help you strengthen and tone the major muscles of the body. This class is so fun, you are destined to get into the 'HABIT' of attending!

H.I.I.T. (High Intensity Interval Training) - 45 minutes

This class features combinations of strength training and cardio intervals to maximize the efficiency of your workout.

Les Mills Body Pump™ - 45 or 60 minutes

This barbell workout is for anyone looking to get lean, toned and fit! BodyPump gives you a total body workout - you'll leave class feeling challenged and motivated, ready to come back for more!

Pilates - 45 minutes

Engage the mind and condition the body with a blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles.

PiYo™ - 45 minutes

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. The speed is faster paced to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and defined.

POUND™ - 45 minutes

POUND™ is a full body cardio jam session combining light resistance using lightly weighted 'drumsticks' called Ripstix, with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45 minute series.

TRX® - 45 minutes

Work on improving muscle size, muscle tone, and balance while strengthening your core with the TRX! This 45 minute class uses the TRX suspension training to give you an intense total body workout using only your body weight. There are only limited spaces available per class so get here early to secure your spot!

Viking Fit - 45 minutes

Short but intense class that focuses on functional training, core, and endurance. Formats vary by instructor, but most classes will include TRX suspension training, kettlebells, plyo moves and more! Come see how you can take your fitness to a whole new level. (All skill levels are welcome to join as modifications are provided.)

Power Yoga - 60 minutes

Power Yoga is an energizing form of yoga that emphasizes strength, flexibility, and balance. It is a dynamic, stronger, and faster paced class designed to focus on the breath and its relationship to the pose.

Vinyasa Yoga - 45 or 60 minutes

Link together your breath and movement to create a vinyasa flow practice that will cultivate balance, flexibility, strength, and endurance. All levels welcome.

Zumba® - 60 minutes

Join the party with this fun class that uses simple Latin-inspired dance steps to work your core and tone your body...all while having a blast!

Zumba Toning® - 45 or 60 minutes

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick)! It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs.