



Group Fitness Class Descriptions

<p>Bhangra Fusion Spice up your fitness routine! This class is a high-energy, full-body, cardio dance workout featuring a mixture of Bollywood and Bhangra dance. With dhol beats drumming and hearts pumping, you'll leave class begging for more!</p>	<p>Bootcamp A total body resistance training workout using free weights set up in a circuit style format. An hour of intense, butt kicking work. Bring your water bottle!</p>	<p>Cycling & Revolution Cycling For any indoor cycling enthusiast, an energizing, adventurous, non-impact ride to enhance your cardio output, strength and endurance. Revolution Cycling uses the music and choreography of Group Rx Revolution.</p>
<p>G.R.I.T. Guided Resistance & Interval Training. A barbell, free weight, and body weight class designed to target large and small muscle groups for a full body workout. All fitness levels welcome.</p>	<p>Kickboxing A class designed for all fitness levels. Kicks, punches and combinations to great music while working hard and having fun!</p>	<p>Mindful Yoga Mind full or Mindful? A yoga practice for all levels designed to focus on the connection between mind and body. This class will encourage breath with movement through yoga poses and meditation techniques.</p>
<p>Pilates This is an exercise system that is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury.</p>	<p>Power Up Weight bearing strength, followed by "powerful" cardio to end with core and abdominal training.</p>	<p>SeniorFIT Gain functional strength and balance. Increase range of motion plus cardio function from low impact exercises with other active older adults.</p>
<p>SeniorStretch Improve posture, balance and coordination while stretching in a relaxing environment. Chairs available for seated and standing support.</p>	<p>SHRED High intensity interval training is the most effective method of burning fat. These 45 minutes of high and low heart-rate intervals allows your body optimum calorie burn.</p>	<p>Sunrise Cycling For any indoor cycling enthusiast, an energizing, adventurous, non-impact ride to enhance your cardio output, strength and endurance.</p>
<p>Yoga Flow This class is suitable for anyone wanting all of the health benefits of Yoga; improved posture, balance, and coordination. This class flows from one posture to another so that everyone can follow easily.</p>	<p>Zumba® Fitness Everybody and every body! Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.</p>	<p>Saturday Sweat Our highly qualified group of instructors rotate Saturday's to offer a sample of our fitness classes.</p>

ALL Fitness classes are free to MEMBERS!

Not a member? No problem! We have all types of memberships available!

Ask a member of our staff and we can get you signed up today!