

CLASS DESCRIPTIONS

Aqua Blast- This intermediate to high impact class gives you a full body workout broken down into aerobics, abs, arms, and cool down.

Aqua Stretch Fit & Go- 1 hour of water aerobics and stretching followed by 15 minutes of additional toning and stretching exercises.

Belly Dancing- Based on Suhaila Salimpour technique, each class combines an intense warm-up with stretching and body-resistance exercises, basic isolation drills, and layering movements and combinations to create a cardio workout. You do not need to show the belly, and all shapes and ages are welcome.

Body Combat- Empowering cardio workout that is fiercely energetic. Inspired by martial arts and draws from an array of disciplines such as Karate Boxing, Taekwondo, Tai Chi and Muay Thai. (Express=45 min)

Body Pump- The original barbell class that strengthens your entire body. This 60-minute class challenges all your major muscle groups by using squats, presses, lifts, curls, etc. (**Express=45 minutes**)

Body Step- This is a simple, athletic and fun workout using the step. Expect to achieve toning for the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional strength.

Bosu Challenge- Increase agility, dynamic power and improve coordination through rhythmic and athletic movement on the BOSU. *Saturday class has floor option as well.

Bosu Strength- The BOSU ball is a great way to work on your balance, core strength, stability and cardio endurance. Try these exercises to work on your abs, legs and butt and upper body.

Cross Conditioning- Cross training is the number one way to improve fitness and reduce injury. Whether or not you enjoy the multisport lifestyle, this class is for you. Begin with a journey in the cycling room and end with Runfit in the great outdoors. Class is split evenly on time if you choose to do one or the other.

Evolution Step- Take the basics of step and evolve them into fun, challenging choreographed blocks. Stay basic or bring it up a notch. The choreography changes frequently and you're sure to burn calories with great music and exciting workout.

Hard Core- Get to the core of the matter. Strengthen and tone your abs, obliques, back and glutes in 30 minutes.

Interval Energy- This class offers bouts of high-intensity work followed by lower intensity active recovery. Burn triglycerides with this exciting workout.

Journey- A combination of intervals and hill training for the cycling enthusiast or anyone who likes to sweat. (**Express = 45 minutes**)

Pilates- Total body conditioning that strengthens the center, lengthens the spine, creates muscle tone, increases body awareness and flexibility. Contact Laura Roeder for fee information.

Power Hour- One hour of intense cardio and muscle training in the water.

Power Yoga- Become longer and leaner with this intense yoga workout.

RPM- Indoor cycling workout where you ride to the rhythm of powerful music based on your rotations per minute. Hills, flats, mountain peaks, speed work and interval training are involved.

Simply Step- A great low impact class with basic step patterns choreographed into an intense workout for beginners and intermediate/advanced steppers.

Stretch- Stretching basics at it's best. Everyone needs to stretch to help prevent injury and increase flexibility.

TBW (Total Body Workout)- Work your entire body through strength training via bars, dumbbells and bands and a mix of cardio intervals.

Yoga- Provides focused practice that strengthens and tones muscles, increases bone density and establishes correct body alignment through asanas, breathing techniques, warm ups and relaxation.