

Class Descriptions

F.I.T. Camp — Functional Interval Training with plyometric and agility drills, that will blast your body from head to toe. Learn how this 45-minute, high intensity, calorie burning class can turn the step, floor, and more into a fitness playground. You'll work harder, better, faster, stronger in all sort of wild and wacky ways.

Cardio Express – Short on time, but want to get in your cardio workout? Express 30-minute calorie burner cardiovascular workout is the solution. This fast paced class will get the job done every time.

Punch – n – Pump — A 45-minute sport specific cardiovascular class that will really get your heart pump'n. Improve muscular strength with boxing drills, bag work, and a variety of abdominal and toning drills.

Step Skills & Drills—Simple choreography, functional strength, and fantastic calorie burning drills on and off the step make this workout a calorie torcher.

Chizzel – If you love POW, then you'll enjoy this combo 3 to 1 strength and cardiovascular class. We all know interval training is the best way to workout, when it comes to burning fat, and Chizzel offers 3 strength training moves to 1 anaerobic cardiovascular move.

POW (People on Weights)—POW is a half-hour fast-paced class that will enhance muscle tone and strength by leading participants through exercises that will tone the entire body.

Pilates — Pilates is a 30-minute matwork class that is designed to strengthen and stretch the muscles. The main focus of the class is on the core of the body, the abdomen and back.

Pilates Plus — Pilates Plus is a mat based class designed to strengthen and stretch the core muscles of the abdominals and back, PLUS there will be an added element of weight training done to strengthen the legs and arms.

Zenful R&R – Relax and restore the entire mind/body thru breathing focused movements and foam roller therapy. Increase flexibility and eliminate chronic back pain, while massaging the internal organs.

Core & More – This 30-minute class will strengthen, sculpt and stretch the core muscles of the abdominals and back. Improve muscular strength throughout the entire body, while engaging core muscles for all strength training moves.

Spin I.T. – Chase down the competition and learn first hand how a power packed race simulation ride, with interval training will leave you feeling like champion. This class will revolutionize the way you look at high performance spin training.

Spin — Spinning is an intense cardiovascular workout on stationary bicycles for the mind, body, and spirit. It is a fast-paced, 45 to 60 minute ride set to music. People of all levels of fitness and experience can enjoy Spinning.

Spin & Sculpt – A 20/20 split of group cycling and toning. A great ride for a beginner to the advanced spinner. This cardiovascular / toning combination is sure to get you spun into shape in no time.

Active U — This 60-minute low-impact class will condition your entire body, using low-impact cardiovascular movements and gentle toning techniques.

Wake Up Water — Water Aerobics is an excellent way to get out and get going in the morning. Improve strength and cardiovascular fitness while feeling weightless and terrific in the water.

Aqua Blast - A one-hour, low-impact, high-intensity class in the water designed to work the cardiovascular system and strengthen and tone muscles.

Water Track - A 60-minute low-impact, high-intensity calorie burning cardiovascular workout utilizing the Turtle pool's current to increase endurance and strength.

Hydro Zen – This 30 minute non-traditional, core-strengthening, mind/body aqua class will allow you to learn Pilates techniques while all the time being supported by the water and noodles. Experience how wonderful it feels to move from the inside out, with a sense of ease.

Yoga, T'ai Chi, Ai Chi — Please contact the Healthy Lifestyles Department at 865-2640.