

SilverSneakers® Muscular Strength and Range of Movement- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing.

SilverSneakers® Cardio Circuit- Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

SENIOR YOGA: For seniors and beginners of all ages regardless of physical condition. Designed to help you with tiredness, fatigue, arthritis, rheumatism, incontinence, high blood pressure, stress, anxiety, balance your nervous system and breathing. Class can be done with or without a chair.

Indoor Cycling: Enjoy simulating outdoor terrain without the stresses of the outdoors. Burn calories while improving aerobic endurance, anaerobic threshold, strength, speed, and technique. Class is performed on an indoor stationary bike.

POWER YOGA- A vigorous, fitness-based approach to Hatha yoga with an emphasis on strength and flexibility.

Group Weight Training- A motivating endurance/strength training class that focuses on all the major muscle groups. Classes are choreographed to upbeat music- low impact but high on fun!

X-TREME: 80 minutes of intense military and athletic drills. Not recommended for all fitness levels.

SHRED- 30 minutes of high intensity interval training. SHRED is a specialized form of interval training that involves short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. A very demanding class requiring maximum effort. Not recommended for all fitness levels.

Butts-N-Gutts - 20minutes of exercises focusing on the hip, thigh and abdominal areas. Exercises will involve use of the ball and dumbbells.

AWESOME ABS- 30 minutes of exercises focusing on the abdominal and core region.

BootCamp- Military and Athletic Drills make this class intense.... not confusing. In this class, you will be coached by a trainer who will show/explain the exercises you will be doing and guide you along to make sure you do them safely. Coach/trainer will be instructing, not participating (in most segments) to help you get the most out of YOUR workout. Recommended for all fitness levels.

Pilates- A series of exercise performed on a mat to strengthen abdominal muscles and all muscles surrounding and supporting the spine. Class is designed to help achieve overall balance and stability enabling you to reach a higher level of strength, flexibility, and coordination.

CardioBOXING- A great way to build muscle strength, endurance, balance, agility and coordination all at the same time. A combination of heart rate work and actual boxing techniques will be performed.

Kickboxing- A complete cardiovascular workout consisting of boxing, martial arts and high intensity interval training. This class does not involve physical contact.

ZUMBA: An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party.

KID'S CIRCUIT: Circuit style strength training exercises designed especially for Kids! For ages 6-12yrs.

CardioDANCE Party: A fun filled energetic class combining all the latest hip hop, hi-lo, and latin based dance moves. Perfect for all fitness levels.