

GROUP EXERCISE CLASS DESCRIPTIONS



ABS – This half-hour class will whip your abs into shape, giving you core strength and the aesthetic results you desire.

BLAST / SCULPTING– A 60-minute interval training class that alternates short bursts of high-intensity exercise with longer intervals of recovery, and then incorporates strength training.

BODY ARCHITECT – Build a better body by increasing strength and muscle tone using weights, resistance bands, Bosu and body bar. If you love to work your legs and abs, this is the class for you!

BOSU AND BALL – This class focuses on the Bosu ball, which can be used for cardio by moving up and down or jumping. The Bosu can also be used for muscle conditioning, balance and strength

CALISTHENICS BOOT CAMP – A classic format designed to develop muscular tone and endurance. Enjoy the camaraderie of a group experience and get the benefits of a personal training regimen at the same time.

CARDIO CHALLENGE –This class provides a combination of step, aerobics, running drills, weights and abs for a total body workout.

CARDIO SCULPTING – This is a continuous, fast-paced class using Bosu and kickboxing for cardio while using weights, bands, body bars, and much more for strength exercises.

CARDIO STEP – This is a continuous, fast-paced step class with an emphasis on cardiovascular work for a great fat burn.

CARDIO WEIGHT INTERVALS – This is a total body conditioning class combining intervals of low impact, step or Bosu, cardio and weights.

CYCLING CLASSES – Indoor cycling is a great way to get all the benefits of cycling in the comfort of your gym! See the schedule for our variety of cycling and heart rate training classes.

GLIDE, BALANCE and ROLL - Basic strength principles using the glide system, incorporating balance and the foam roller for myofascial release.

GLIDE BALANCE and SCULPT -- Develop both strength and balance in a sculpting class which uses the Glide System, the Bosu, and weights. Multiple options of resistance make this class achievable for everyone.

KICKBOXING– This high speed, intense aerobic workout will keep you moving and your heart pumping. Learn kicking and punching sequences while also strengthening the entire body, especially abs and buttocks.

KIDS' FITNESS – A class designed for kids and teens of all ages. Parents welcome. The class will have a little something for everyone, with varying levels of difficulty.

LOW IMPACT – A fitness class designed for those with injuries or special physical considerations. The format includes light aerobic moves, strength work and flexibility training.

POWER SCULPTING – Get toned with weight training intervals using a variety of equipment. This class will challenge you—and get you quick results!

RUNNERS' PLYOMETRICS – A workout geared for runners—practice all the moves that will improve your running through strength, agility, flexibility and speed, with Olympic runner Colleen De Reuck.

SPIN EXPRESS – This exciting combo class unites 30 min of indoor cycling with a 15 min ab routine. Cover all your bases in just 45 minutes!

SPORTS CONDITIONING – Get ready to hit the slopes in this intense, high-energy workout. Class will focus on strengthening the muscles you need for snow sports, such as quads, glutes and hamstrings. Get ready to make some turns!

STRAIGHT STEP – A step workout involves stepping up and down on an adjustable platform while simultaneously performing upper body movements. The intensity of the class can be varied by changing the height of the step and using power moves.

SWEAT -- This class focuses on strengthening and toning the body, using weights, BOSU, and glides; while incorporating intervals of cardio training and balance exercises for complete conditioning.

TOTAL BODY INTERVAL – This demanding class is for those who want variety in their workout. This class offers aerobic and muscle conditioning which may include: intervals, step, bosu, kickboxing, weights and resistance bands. Expect anything in this total body workout!

ZUMBA – Hot and fun Latin dance workout with spicy rhythms and movement that gives you a whole body workout, focusing on strength, stress-reduction and inspiring a healthy lifestyle.