

Aqua Cardio & Tone: 45-minute low-impact class is performed in deeper water and is designed to improve joint stability, coordination, heart health, and strength, using belts and water dumbbells.

Aqua S.M.I.L.E.: 45-minute Slower Moves, Impact Lower Exercises in the shallow end.

Aqua Tabata: 45-minute HITT (High Intensity Interval Training) workout in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds. Dumbbells and mini bands are used.

Aqua Arthritis: Slower paced with range of motion movements in the water, including your jaw and social time.

Dance-HIIT: Learn choreographed dances with segments of weight training. SEE YOU THERE!

Exhale Yoga: gentle yoga practice with a strength emphasis supporting stability & connection. Includes breathing techniques and simple mindfulness practices for your overall health and relaxation.

Fast& Furious Cardio and Cardio Strength Step: 45-minute fast paced class that uses the step, free weights, bands, bars and mat for a full body interval cardio and weight training. FUN!

Flex and Flow: 30-minute stretch class. A wonderful addition to your workout routine to stretch those muscles and ligaments.

HIIT: 45-minute class high-intensity interval training, keeps your heart rate up and burns more fat in less time of interval training using your body weight, free weights, bands, bars, and mats.

Indoor Cycle: 45-minute class in the cycle room of fun and sweat to music to keep you going.

Low Impact Cardio Strength: 45-minute class with segments that increase your heart rate with cardio and weight training. Then focusing on balance and stretching at end. The class uses mini-bands ,bands, weights and mats. You can modify for any level.

Outdoor Boot Camp: 45-minute class on the field and track using a mixture of traditional calisthenics and body-weight exercises, along with interval training, strength training, and other exercise training routines.

Pilates: 45-minute class designed to improve physical strength, flexibility, posture, and enhance mental awareness. We use weights and balls in the beginning, then move to the floor for mat work.

POUND: Channel your inner rockstar with this 45-minute full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums with music. FUN!

Prime Time for Seniors: 45-minute cardiovascular workout focusing on strength training and flexibility moves, all completed using chairs for support while exercising using weights and bands.

Slow Flow Yoga: slow movement and breath work into a more active style of stretching and balancing known as vinyasa. You can expect Sun salutations, standing poses, as well as deep relaxing stretches on the mat.

Unhitched Barre: 45-minute group exercise class that is a blend of body weight training using mini bands, weights, and core exercise with a mat to work your whole body.

Yin Yoga: a series of long-held, passive floor poses that mainly work the lower part of the body – the hips, pelvis, inner thighs, lower spine, areas are especially rich in connective tissues.

