

GROUP FITNESS

Class Descriptions

Body Fit Bootcamp is an intense, full-body workout designed to boost strength, endurance, and cardiovascular fitness. This high-energy class combines functional exercises, bodyweight training, and circuit routines to challenge all fitness levels. Whether you're looking to burn fat, build muscle, or improve overall fitness, Body Fit Bootcamp pushes you to achieve your personal best in a motivating group setting. Get ready to sweat, tone, and transform! Age 16 & up

Zumba is a high-energy dance fitness class that combines upbeat music with easy-to-follow choreography. This fun, full-body workout helps improve cardiovascular fitness, tone muscles, and burn calories. Whether you're a beginner or an experienced dancer, Zumba offers an exciting way to stay active and energized while having a blast! All ages/levels welcome! Age 16 and up

Top to Bottom Body Blast is a dynamic, full-body workout designed to challenge your strength, endurance, and cardiovascular fitness. Combining high-intensity intervals with strength training exercises, this class uses a variety of equipment like dumbbells, different types of resistance bands, and bodyweight exercises to sculpt and tone muscles and abs. Whether you're aiming to burn calories, increase stamina, or build lean muscle, Body Blast offers a high-energy, results-driven workout for all fitness levels. Get ready to sweat and feel the burn! Age 16 and up

Yoga ignites your vitality and channel your inner strength in our energetic yoga class, where dynamic sequences invigorate the body and uplift the spirit. With each breath, flow through empowering poses, awakening a sense of power and joy that radiates beyond the mat. Age 16 and up

Silver Sneakers Classic is a fun and energizing fitness class designed for older adults looking to improve strength, balance, and flexibility. Using a chair for support, participants perform a variety of low-impact exercises that focus on building muscle, enhancing mobility, and boosting cardiovascular health. This class is perfect for beginners or anyone seeking a gentle yet effective workout. SilverSneakers Classic promotes overall well-being while fostering a supportive and friendly community environment. Age 40 and up

Tabata Gold with Abs is a high-intensity interval training (HIIT) class designed specifically for older adults or those looking for a low-impact but effective workout. This class follows the Tabata format, alternating between short bursts of intense exercise and brief rest periods, while incorporating core-strengthening exercises for a toned abdomen. It's a great way to boost endurance, burn fat, and improve overall fitness, all while focusing on functional movements and proper form. Perfect for building strength and confidence in a supportive, energizing environment! Age 40 and up

Body Fit Gold with Abs is a low-impact, full-body workout tailored for older adults or those seeking a gentler fitness routine. This class combines strength training, functional movements, and core exercises to enhance overall fitness, flexibility, and balance. Special emphasis is placed on toning and strengthening the abdominal muscles, improving posture, and boosting endurance. With modifications for all fitness levels, Body Fit Gold with Abs helps you stay active, energized, and strong in a supportive, fun environment. Age 40 and up

