

GROUP FITNESS CLASS DESCRIPTIONS

STABILITY BALL

Movement, strength work and stretches based around the use of a Stability Ball. The ball adds the extra element of core strength and balance in order to perform an exercise. This turns a simple exercise into a full body workout.

BOOTCAMP

A rigorous circuit class designed to incorporate kickboxing, plyometric exercises, strength and cardio.

CIZE DANCE

Move to the beat. The routines are broken down, step-by-step, move-by-move, and built into a full dance workout.

Master the moves while burning fat and calories.

FOREVER FIT

Designed for active older adults to have fun while learning how to use a variety of fitness equipment. Helps build strength, balance, and flexibility and decreases body fat.

HOT HULA

A fun fitness workout which isolates all the major muscle groups. It incorporates traditional Polynesian dance moves with sounds of drums, reggae, hip hop and modern songs.

HULA FITNESS

Traditional Polynesian dance moves paired with traditional Polynesian inspired dance music. Learn the story and the music to the moves you perform.

MOSTLY STRETCH

Undo muscle tightness and tension with stretching, breathing, bands, rolling and working through poses. It is not only important to be strong, but flexible as well for health and longevity.

HIGH IMPACT DANCE STEP

Designed for the seasoned stepper, this powerful, fun workout offers complex combinations, mixed with dynamic and challenging dance moves.

PILATES & PILATES W/ WEIGHTS

Emphasizes your core, lower back, inner & outer thighs. Develops flexibility, strength, muscular endurance, coordination, and balance.

PIYO

A blend of Pilates and Yoga. PiYo is designed to build strength and gain flexibility. It's about energy, power, rhythm, increased overall core strength and greater stability.

20/20/20

The name says it all. 20 minutes of low impact cardio, 20 minutes of strength work using light weights and body moves and 20 minutes of stretching. Great for active seniors as well!

ZUMBA TONING

The wonderful dance fitness of Zumba with light hand weights to build tone and strength.

SENIOR FITNESS

Offering low-impact solutions for strength training with focus on form to keep joints pain free and incorporating resistance training and light aerobics to keep your muscles and heart healthy.

COUNTRY HEAT

A high-energy, low-impact, country dance-inspired fitness program that so totally fires up the fun—you won't even feel like you're working out!

FUMANET

A "high stepping", slow walking program, geared towards seniors, that involves the learning of step patterns along with clapping and signing simultaneously in a rhythmic motion in order to improve "working memory" - the executive function of the brain.

YOGA

BEGINNING & GENTLE YOGA: Both classes are designed for those who are new to the practice of yoga or have injuries. These classes increase flexibility.

MIXED LEVEL YOGA: This class accommodates all levels of experience, from beginners to pros, by working on a balance between strength and flexibility while building endurance and improving your breathing and posture.

INTEGRAL YOGA: Integral yoga is an individual transformation. You will work your inner awareness and the breath. Core poses strengthen and tone the body.

HATHA YOGA: Concentrating on physical health and mental well-being using bodily postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

PAU HANA YOGA: A Hatha Yoga based format that adapts to the students wants and needs for the day. An Aloha Friday The practice moves through power, restorative, breath, deep relaxation and meditation.

KUNDALINI YOGA: Focuses on the expansion of sensory awareness and intuition in order to raise consciousness with yoga poses.

FLOW YOGA: A Vinyasa based yoga that focuses on breath & synchronized movement. Poses will flow from one to another in union with the breath.

YOGA SHAPE: Intermediate level yoga incorporating fat-burning cardiovascular movement, therapeutics, flow yoga, and back body muscle building.

CHI GUNG: A holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and martial arts training.

R.I.P.P.E.D.

Resistance-Intervals-Power-Plyometric-Endurance-Diet A pre-choreographed workout incorporating cardio, weights, kickboxing and core. Instructors show levels of modifications. Motivating music !! For all fitness levels.

TURBO KICK

Cardio kickboxing is a combination of aerobics, boxing, and martial arts. Punch, kick, and block your way through a fun and challenging cardiovascular workout.

STEP & SCULPT

Beginning to Moderate Step aerobics moves incorporated with weights and strength moves make this class exciting and challenging for all fitness levels.

STRENGTH & TONE

A small amount of low impact cardio but, Focuses on muscular endurance utilizing your own body weight, dumbbells, tubing bands and strength work. Moves can be modified for all fitness levels.

ZUMBA

A dance based fitness class. Workout to a blend of Latin music which is combined with the traditional cumbia, salsa, samba & meringue.

CORE DE FORCE

Workouts are broken into 3-minute "rounds"—just like a real boxing match. For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations. Bodyweight moves. And a fat-blasting cardio spike in every round.

TRX TRAINING/BOOT CAMP

A form of suspension training that uses the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to develop strength, balance, flexibility and core stability simultaneously.

P90X STRENGTH

This class combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and stretching.