

Fitness Class Times and Descriptions

CORE - Challenge yourself to this rewarding workout guaranteed to tighten and tone your abdominal muscles.
15 minute class

ADVANCED STEP - 45 minutes straight of complex step patterns; give your body a workout as well as your mind.
45 minute class

BODY SHOCK - A total body workout. Strengthen your muscles and your heart with intervals of step combinations, power moves, and body sculpting.
1 Hour class

BOOT CAMP - Drills and more drills! This military style total body workout incorporates cardiovascular, endurance, and strength training.
1 Hour class

LEGS & CORE - This class specifically focuses on the abdominal and glute muscles.
30 minute class



GROUP POWER - Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic moves such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!
1 Hour



GROUP groove - If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move On! with Group Groove.
1 Hour



GROUP STEP - Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.
1 Hour

FAMILY ZUMBA - Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Get a great workout and have fun while doing it! Kids ages 8 and up welcome to attend with parent. 60 minutes

PILATES - Conditioning class that improves muscle control, flexibility, coordination and strength. Pilates concentrates on alignment, lengthening all of the muscles in the body.
1 Hour class

INDOOR CYCLING -Instructors lead this multi-level group exercise class on a calorie-burning journey. You must pick up a reserved sign at the front desk no more than 15 minutes before the start of class. 1 Hour class

STEP IT UP - 45 minutes of straight stepping. This energetic step class utilizes creative choreography and keeps your heart pumping. Ends with abdominals.
1 Hour

YOGA - Explore the mind-body connection by learning how to focus, relax and improve circulation.
1 Hour class



GROUP KICK - Group Kick brings it on! This electric 60 minute fusion of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling. Group Kick will knock you out. 1 Hour