

CARDIO, TONING, STRETCHING AND MIXED CLASSES

Balance & Stretch Express (BASE): 30 minutes of balance and stretching exercises. Use this as a warm-up or cool-down for your regular workout. This class is designed to improve balance and increase flexibility.

Circuit Breaker: This intense total body workout combines aerobic and strength training segments. Focus is on balance, stability, agility, speed, and strength. It's a great workout and you never know what will come next.

Karlton's Class: Train like an athlete in this advanced, rigorous conditioning class. Training includes resistance, aerobic, plyometrics, agility, speed, and core strengthening exercises.

Power and Sculpt Express: A great 30 minute beginner to intermediate overall sculpting class designed to increase strength and muscle tone using various pieces of equipment. Come to this class warmed-up!

Power Hour: An intense workout that varies each week. Sessions include exercises that challenge the entire body's cardiovascular and muscular capabilities while focusing on core strength. All fitness levels welcome!

Silver Sneakers: Muscular Strength and Range of Motion: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand held weights, bands, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneakers Cardio Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography.

Triple Challenge: Come join the challenge and be ready to sweat! This class will be broken into 20 minutes of cardio, 20 minutes of weights, and 20 minutes of abs & glutes. All Levels

Total Body: This resistance exercise class strengthens your entire body. 55-minutes of the best free-weight exercises like squats, presses, lifts and curls challenge all major muscle groups. All Levels

Turbo Kick: The hottest kickboxing class around, this class combines athletic moves, sports drills, & hip-hop flavor.

Weekend Surprise: Our Saturday morning workouts will alternate weekly with floor, step, toning, kickboxing etc.

ZUMBA!: Come experience this dance fitness craze that's sweeping the nation. This class incorporates Latin and international rhythms fused with dance movements to create a dynamic, exciting, and effective fitness routine!

ZUMBA Gold!: ZUMBA Gold brings Latin inspired fitness to the active older adult, the beginning participant and other special populations that may need modifications for success.

CYCLING

Advanced Cycling: This class challenges you with jumps, time-trials, long and steep climbs, curves, dips & digs, rolls & switches, pushes & pulls, cadence drills, and rhythmic drills. Powerful music motivates you.

AM Cycling: Improve your cardio fitness with 45 minutes of time drills, hard climbs, and cadence drills. This workout will leave you breathless.

Beginners' Cycling: A 45-minute introductory class. Learn the ropes of the bike and get a great Cardio workout.

Super Cycling: 45-60 minutes of fun-filled, intense, cardiovascular workout filled with straight-a-ways, sprints, hills, etc. Great music mixes every class.

SPIRIT, MIND, & BODY CLASSES

Beginners' Yoga: Gentle exercises include *Pranayam* (breathing), *Asanas* (body postures) and meditation.

Pranayam helps us control our minds. *Asanas* make our muscles strong and flexible. Meditation helps us discover ourselves. All Levels

Evening Yoga: End your week with a 90 minute cool down consisting of warm-up exercises and multiple postures for a relaxing way to start off your weekend. All Levels

My Yoga: Exercises that are simple and gentle, gradually becoming more advanced. Learn techniques on breathing, body postures and meditation to reach eternal bliss. All Levels.

Pranayam Yoga: Pranayam literally means controlling the breath. This 90-minute session includes breathing exercises, sun salutations and various postures to improve strength and flexibility, increase body awareness, and help you relax. All Levels

Rise & Shine Yoga: Start your day with core, strength, flexibility, balance, and cardio elements. All Levels

Yoga Pilates: An invigorating blend of yoga and Pilates enhances your athletic performance. Learn how to breathe and relax, build strength, gain flexibility, and create balance within your body. All Levels

STEP CLASSES

Cardio³: Three 20-minute segments of low and high impact aerobics, step drills, and endurance exercises.

Power Step: Intermediate/advanced step patterns combined with high intense cardiovascular workout.

Step & Tone: A 50-minute workout of toning with low and high impact aerobics and step.