Class Descriptions

**Band It:** This class is designed to improve balance, strength and mobility with resistance bands and weights all while keeping your heart rate up.

**Barre:** Perform isometric movements using the barre and other exercise equipment to sculpt, slim and stretch.

**Body Sculpt:** A challenging and dynamic whole body muscle conditioning class utilizing free weights, resistance bands and your own body!

**Boot Camp:** Calling all men and women! Join us for a conditioning class that consists of jumping rope, running, kickboxing or calisthenic cardio activities with alternating segments of weight training while utilizing weights or body bars. Are you up for the challenge?

**Butts N’ Guts:** A 30 minute class that focuses on abs and glutes.

**Core Fusion:** is a heart-pumping, energy-producing fitness class that focuses on core strength for the ultimate workout. We use resistance bands, weights, and your own body as resistance.

**Cycle 60:** An indoor cycling class for every age and fitness level! Great cardiovascular workout, pedal through hill climbs, sprints, and many other challenging drills. All levels are welcome. Remember to bring a water bottle and a towel. Class size is limited to the number of bikes available.

**Express Core:** On a time crunch? Join us for a quick core workout to strengthen and tone your midsection.

**Kickbox Fusion:** A popular training program that is a fun, action-packed workout that combines martial arts, boxing and dance moves. You get a challenging cardiovascular and full body workout as you kick, punch, block and move in each Cardio Kickboxing class.

**HIIT:** A high intensity interval training.

**Low Impact:** Whole body group fitness workout that uses body weight and resistance equipment to boost fitness and core strength.

**Power 20:** An upper body strength, and endurance class for all ages and levels focused on muscle building and body toning

**Pump & Run:** A fun and challenging combination of cardio and resistance training upstairs on the track. A great way to start the weekend!

**Rip N’ Ride:** Get your cardio and strength training all in one workout! Burn calories and increase lean muscle mass in this hour long workout.

**Shred:** Challenge yourself in this strength and muscle conditioning class that uses bodyweight and fitness tools to work the entire body!

**Silver Fit Club:** Non-Instructor led open fitness class for a better way of life.

**Yoga:** The practice of yoga uses a variety of postures and breathing exercises to improve posture, balance and coordination. Regular practice gradually increases strength, flexibility and overall health of muscles, organs, joints and the spine. It is also a terrific stress reliever!

**Zumba:** Party yourself into shape with this Latin inspired, calorie burning dance aerobics class. A guaranteed workout for every fitness level.