

GROUP EXERCISE DESCRIPTIONS

30-30-30 – This modular class has three parts 30 minutes of step, 30 minutes of aerobics and 30 minutes of body work for muscle conditioning. You can do one, two or all three components of this class.

AWESOME AEROBICS - A cross training adventure! This class is a blend of aerobic/athletic combinations and muscle conditioning. An exciting and very challenging workout!

BALLS, BALLS, BALLS – Incorporate the use of stability balls, medicine balls and beach balls in your workout. Challenge yourself, build balance, core muscle strength and tone.

BOOT CAMP – A steady moving class that includes cardio bursts, jump rope, weights, plyometrics, tubing and the stability ball for the ultimate workout.

BODY SCULPTING - A full body workout utilizing various props (step, stability ball, bands, tubes and weights) to sculpt and tone your entire body.

CARDIO BLAST – One hour of high intensity to push yourself to your limit while having lots of fun! A 45 minute cardiovascular workout with a 15 minute muscle conditioning conclusion.

CORE STRENGTH & STABILITY - Core and resistance exercises using stability balls, bands and tubing. You will improve balance and stability as well as strengthen core muscles, muscular endurance and overall flexibility.

DANCE AEROBICS – Enjoy your favorite tunes while getting your daily workout. Dance inspired moves will keep you flowing from the beginning to the end of this class. Rhythmically motivated, but easy to follow, this class is great for active older adults and also for those new to exercise.

FLEXIBLE STRENGTH – “Power Yoga” This class challenges your strength, flexibility and endurance by using a combination of yoga postures (asanas). The idea is to create a more functional “mind/body” connection to meet life’s demands without injury or undue fatigue.

KICKBOXING – A great class taught by a certified professional. Learn proper punching and kicking techniques while working up a sweat and having fun. This is a total body workout.

KICK WITH STRENGTH – Kickboxing moves interspersed with muscle conditioning for a total body workout.

MOVEMENT & BALANCE – With dance, yoga and Pilates inspired moves, this class will get your heart pumping and your whole body working from the bottom of your feet to the top of your head. This class will create grace, length and strength in your daily activities.

MORNING YOGA & STRETCH - Classic Hatha Yoga for Sunday morning. It isn't about sweat, though you could. It isn't about performance. Yoga is the union of mind and body. You'll stretch deeply, strengthen, and refine your balance. Great for beginners: we'll build the postures from the ground up, with emphasis on alignment. Great for experienced yogis: we'll explore inversions and backbends not usually covered in yoga classes, with modifications for all levels.

PILATES – Inspired by the teachings of Joseph Pilates, this class will take you from basic to advanced mat exercises that will increase your body’s strength, flexibility and stamina. Modifications are shown for all exercises, which makes this a great class for people of all fitness levels.

SENIOR FITNESS – A total body conditioning class with a chair for seated and standing support. Focus is on building muscle strength, range of motion and the skills required during active daily living.

SPORTS CONDITIONING- A High energy group fitness class with various sport specific training techniques. The class will consist of drills and exercises that focus on increasing speed, agility, strength, power, balance and alignment

STRENGTH TO THE CORE - This is a total body strength and stability class which constantly works the “core” or trunk in almost every exercise. Participants will learn how to use a stability ball effectively, along with other props, to increase overall strength and stability which stems from the core muscles.

STEP TO THE CORE – This class is what step is all about, having fun while strengthening your muscles and burning calories. 45 minute cardio component followed by weights, core conditioning and stretching.

STEP & STRETCH – Designed with seniors in mind, participants work on cardio & balance followed by a long, relaxing stretch with the emphasis on lower back flexibility.

STROLLER FITNESS – Indoor and outdoor stroller exercise class is designed for parent and child (infants / toddlers) with a stroller. Class will include jogging, interval exercises while pushing your stroller. In addition resistance and core exercises will be performed while facing your child.

TOTAL BODY CONDITIONING - A full body workout utilizing various props (step, stability ball, bands, tubes and weights) to sculpt and tone and condition your entire body.