

Group Exercise Class Description

- **Barre** (Susan/Doreen) Define Barre class is a class were ballet meets Pilates strength training in this fat burning class. Achieve a slim, strong, sculpted body by small pulse movements targeting each muscle group in your body.
- **Bootcamp Outdoors**(Christy)Get out doors, with great cardio and strength training.
- **Butts and Guts** (Julie) A well rounded workout using free weights, tubing, bars, BOSU, etc. for strengthening ALL major muscle groups designed to shape, define, and tone whole body.
- **Broga** (Josh) Yoga for men! Designed for men of ALL levels. Increase flexibility, toning of muscles, and much more.
- **Chisel** (Holly) This is a great class that will strengthen all your major muscles with simple movements, using a variety of equipment. All ages and fitness levels will enjoy this challenging workout. Fast pass to keep you heart rate up!
- **Core&Weights** (Lori) Sculpting workout utilizing various equipment with the addition of cutting edge core exercises. Improve muscle definition and endurance.
- **Fit Camp** (Christine) Will challenge you in ALL aspects of fitness: Strength, muscular endurance, cardiovascular, power and flexibility. Focused on quik results and lasting benefits. Unique fitness program is designed to be fun, yet challenging for all levels.
- **Monday Madness** (Christy) High energy level, full body workout. Come ready to move! Class is designed as a circuit style class. Upbeat and different exercises you might not be used to.
- **Hiit-Pilates 25**(Sharron) High Intensity Interval Training for 25 min. followed by Pilates for 25 mn. With an added 5 min for warm up! Use weights, balls, bands, your own body weight. HIIT has been shown to speed up your metabolism which helps burn more calories throughout the day. Pilates incorporates breath control, strength, balance, endurance and precision in mat work.
- **Pilates** (Sharon, Fran.) This class focuses on the core muscle group in the trunk where much of our movement in the limbs is propelled from. Pilates mat work is excellent for retraining the body to take the load off the back, establishing good posture, for aging spines, and for those who sit or lift during the day.
- **Power Hour** (Fran) This class will get you in shape in no time. It is a circuit style class, fast paced, and hard endurance. What's not to love about the enthusiastic workout?!
- **Sculpt & Tone** (Holly, Carol) Stronger muscles burn more calories! This class provides an essential body workout to help improve muscular strength and endurance. Includes exercises for the abdominal care and upper and lower body using fee weights, exercise tubes, body bars, and exercise bars.
- **Yoga** (Aimee,Kathleen, Nancy, Josh) Strength and strengthen your body while learning basic Yoga poses. Improve strengthening your core using Yoga's many standing and balancing poses.
- **Zumba** (Susan, Carol) This hot class includes easy to follow, exciting and unique Latin moves and rhythms. Come prepared to sweat and dance your way to a better body.