

Class Descriptions

Cardio Blast: This is a total body stretching, toning and cardio class designed to improve your overall flexibility and build muscle strength.

Pilates: This is a refreshing mind-body workout that improves core strength, flexibility and agility.

TBG (Thighs, Butts and Guts): Burn and firm with this 45 minute toning workout that incorporates small bursts of cardio. This fun workout is amazingly varied, yet easy to follow.

Tai Chi: This gentle and flowing class provides full range of motion movement. It is weight bearing, aerobic, a great stress buster and it even exercises your brain. This health maintenance system is beneficial to all ages. *This class is only available in a 6-week session.

Yoga: This ancient practice helps create a sense of union in the body, mind and spirit. This class will include stretching, deep relaxation techniques and breath control.

Zumba: Dance your way to a fitter you with exciting and unique Latin moves and rhythms!

Water Aerobics: This is a low impact resistance workout for all ages. Water Aerobics improves cardiovascular endurance, range of motion and flexibility. We offer both deep and shallow water classes.

Water Arthritis: Taught by a certified arthritis instructor, this water class is combined with gentle movements that will help decrease pain, stiffness and add range of motion to those with arthritis.