

GROUP EXERCISE CLASS DESCRIPTIONS

Group cycle	A great cardio workout for both casual and serious bikers with a combination of endurance and interval training.
Tai Chi for Better Balance	This Tai Chi program represents the results from years of scientific research and study. The program focuses on prevention of falls with the hope that, through regular practice, Tai Chi will improve one's balance and reduce the likelihood of falling.
Express cycle	This 30 minute class is for the person on the go and will give you the cardio workout you need.
Intro to Stretch-N-Strengthen	This is a 30 minute introduction class designed to lengthen and strengthen muscles using Yoga and Pilates concepts, giving the body its maximum range of movement.
Stretch-N-Strengthen	This class is designed to lengthen and strengthen muscles using Yoga and Pilates concepts, giving the body its maximum range of movement.
Pilates	Strengthen your core, improve your posture, relieve stress and increase your flexibility. In this class you will perform a series of movements that flow from one to the other, causing muscle groups to lengthen while developing.
Low impact Cardio	This is a Phase III cardio strength building class for those who need a slower paced, low impact workout including walking, biking and light upper body weight training. This class is great for older adults and those with limited physical abilities.
Shaping Up	A low to moderate impact class designed to work the whole body using miscellaneous equipment to assist you in meeting your fitness goals.
Beginning Weight Lifting	For anyone looking to begin or continue a basic weight lifting.
Raising the Bar	For anyone looking to be guided through a challenging weight lifting routine.
Cardio Bootcamp	An intense, high energy cardio workout that will have you burning calories and increase your level of endurance.
Arthricise *	An aquatic exercise class with a wellness concept to help those with arthritis to help manage symptoms, maintain independence and enjoy life.
Water Exercise *	A moderate intensity aerobic exercise class in the water utilizing the water and other equipment to get a whole body workout in a fun and safe environment without the physical impact of gravity.
Cycle & Swim*	First half hour will be spent cycling on our indoor bikes followed by a 25 minute swim in our pool.
S.W.A.P	Strength with Aerobic Performance. This class is designed to burn calories and lose inches using a mix of strength and cardiovascular exercises.

* This class meets in the swimming pool and the pool is closed during class times.