

Group Exercise Class Descriptions



ABS Express (All Levels)-

30 minute workout consisting of abdominal exercises with a stretch and relaxation segment at the end.

Advanced Aqua Circuit (Advanced)

A circuit style class that incorporates step, hand weights, resistance gloves and noodles while working in the water for timed segments.

Aqua Fitness (All Levels)

A class that incorporates step, hand weights, resistance gloves and noodles while working in the water. This class is considered low impact, but do not let the name fool you, it is a fun way to burn calories while adding muscles.

Aqua Dance (All Levels)

An aqua interval class using no equipment. Cardio section uses dance moves for a fun and energetic workout.

Aqua Run & Walk (All Levels)

A class that incorporates aqua running and walking. A great way to get a good cardiovascular workout without a lot of impact on your joints.

Balance & Coordination (Beginner) *This class is funded by the Vitamin Grant and requires you to sign up at the front desk prior to each session. It is first come, first served.*

Class geared toward those senior participants that would like a low intensity workout consisting of light weighted exercise, low intensity cardio, and stretching. Part of the class will be done seated.

Bikini Box (All Levels)

Who says boxing is for boys? This 8 week class will help jumpstart your bikini ambitions with high intensity boxing drills designed to give you that sculpted look for the summer.

Box and Bag (All Levels)

This is kickboxing on a weighted, free standing punch bag. Drill will include kicking, punching and blocking techniques.

Cardio Dance Jam (All Levels)

A great class that has choreographed dance moves to the best music. If you are looking for a fun way to burn calories this is it.

Circuit Express (All Levels)

Circuit Xpress is a 30 min workout that utilizes a group of 12 weight training machines that completed one exercise after another. Each exercise is performed for 45 seconds before moving on to the next exercise. The exercises within each circuit are separated by timed cardio intervals. Circuit Xpress is for beginner, intermediate, or advanced fitness levels.

Cycling (All Levels)

Individualized indoor cycling workout within a group setting. Instructor will teach you proper cycling form and technique while replicating flat roads and hill climbs of outdoor terrain.

Deep Water Aqua (All Levels)

A class that incorporates buoyancy belts, resistance gloves, and noodles while working in the deep water. This class is considered low impact, but do not let the name fool you, it is a fun way to burn calories while adding muscles.

H.A.B.I.T. (All Levels)

A 30 minute class targeting the hips, abs, butt, and inner thighs.

Intense Training (Advanced)

An advanced class consisting on intense cycling followed by moderately pace running, and then sprints with body weight exercises in between. With very little rest time between exercises, this class is designed for those who want to put in the extra effort

Interval Extreme (All Levels)

Weights and cardio all in one class. In this workout you will do a segment of weight exercises and then follow it with a cardio drill. This intense training will help you increase muscle strength and cardiovascular strength.

Low Impact (All Levels)

This is an appropriate, safe and effective workout for Senior Participants, as well as beginner exercises. It starts with cardio and those moves to strength and endurance training. It's guaranteed you will love this class.

MVe Pilates Chair (All Levels)

Pilates, cardio, and strength elements are combined to create a total body workout that you have never experienced! This is a fee based class. Please see the front desk for session times.

Parents and Pipsqueaks (Parents and Child)

A class geared for parents and children. Parents get into the pool with their children to experience different games and activities. This class helps parents get a workout while spending time with these little ones. Each child in attendance must have an adult in the water with them.

Pilates (All Levels)

Complete conditioning program that encompasses strength, endurance, flexibility, and balance. Pilates focuses on abdominal strength and spinal flexibility to build a strong core for the body.

Pump & Punch (All Levels)

This class offers intervals of boxing and resistance training. Class rotates between weights and cardio training.

Quadra- Step (Intermediate to Advanced)

An all cardio class utilizing 4 steps. This is a super fun choreographed workout!

Rep Reebok (All Levels)

Periodized group training utilizing barbells & dumbbells. Class rotates monthly between strength, power, reactive and endurance formats, providing the changes you need to avoid plateaus and maximize results. Define yourself!

R.I.P.P.E.D. (Intermediate Advanced)

This class is a super fun, high intensity class with segments of the class corresponding to the word RIPPED. The R stands for Resistance, the I stands for Intervals, the P stands for Power, the P stands for Plyometrics, the E stands for Endurance, and the D stands for Diet/Nutrition (which you can find out more about on the creator's website www.rippedusa.com) This workout is truly "The One Stop Body Shock!"

Running Club (All Levels)

Running Club is for a member who enjoys running or is ready to start running. The class is designed to encourage participants to run for fun or to train for a 5k, 10k, ½ marathon or full marathon.***

Shift N Lift (All Levels)

This class offers intervals of indoor cycling and resistance training. Class rotates between weights and cardio training.

Strength N Sculpt (All Levels)

Total body strength training workout. Work all major muscle groups in this class to sculpt your body into a lean machine!

Yoga (All Levels)

Complete conditioning program that encompasses strength, endurance, flexibility, and balance.

Yogilates (All Levels)

This class combines all the benefits from yoga and Pilates into one class.

Zumba (All Levels)

This Class utilizes exciting and unique Latin moves and rhythms to sculpt and condition the body; it is fun and easy to catch on, even if you do not have a dance background.

Zumba 101 (All Levels)

This is a lower intensity/ beginner style Zumba class that breaks down and slows down the dances in a way that helps the beginner to catch on.