

**45/45** - 45 minutes of SPINNING, followed by 45 minutes of Strength Training.

**Abs Express** – An express class focused solely on the core muscles. A great way to round out any workout!

**Barre Above Express** – A high-energy mix of Ballet, Pilates, and Yoga designed for maximum muscle use in an express 30-minute class!

**Boot Camp** – A Military-style class designed to build strength and fitness through a variety of intense group intervals and basic calisthenics!

**Cardio Chisel** – A total body workout combining strength and cardiovascular training to burn fat and build muscle!

**Total Body Burn** – A calorie burning workout combining various cardio formats with body weight exercises for overall conditioning!

**Cardio Kickboxing** – Build strength and endurance through a combination of aerobics, boxing, and martial arts!

**Gentle Yoga** – Gentle stretches, breathing, relaxation and simple movements to increase range of motion of the major joints. Perfect for our senior population, but modifications are provided for all levels!

**Group Power** – Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

**Pilates** – Core conditioning emphasizing abdominal strength, stabilization, and posture!

**Pilates Sculpt** – Strengthen the entire body with emphasis on core conditioning. Weights and Pilates circles will be used to further challenge the body and target muscle groups!

**Silver Sneakers** – A fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Unlock the door to greater independence and a healthier life with Silver Sneakers!

**Spinning** – The original Johnny G cycling program with adaptable resistance, allowing individuals of any fitness level to participate in this low-impact yet intense simulation of an outdoor bike ride!

**Spin & Sculpt** - 30min of SPINNING, followed by 30min of Strength training!

**Strength & Core** - Want a full-body toning experience? This class targets every major muscle group using hand weights, body bars and spending extra time focusing on the core muscles.

**Tabata Burn** – High-intensity interval training that offers a total body workout. To keep the workouts fresh each week, the strength training interval will include a variety of equipment and the cardiovascular intervals will be true tabatas. Perfect for any fitness level!

**Vinyasa Yoga** – Suitable for all levels. This class offers power and strength as well as limbering and posture all centered around breath and the mind/spirit connection. All poses allow for variations to suit the individual. This can be considered powerful & challenging or less intensive & flowing based on one's individual choice.

**X Training** – Challenge yourself and melt away fat! The focus of this class is metabolic conditioning using body-weight and light to moderate resistance to improve your strength as well as your muscular and cardiovascular endurance.

**Yoga-lates** – This low-impact workout will develop core strength and stabilization through Pilates poses. It will also improve flexibility, muscular strength posture and alignment through yoga poses, breathing, and relaxation.

**Zumba Strong** - A Combination of body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.