

CYCLING

High intensity workout choreographed to motivating music. Structured like an outdoor ride with uphill climbs, sprints, interval training, TABATA. This 45 minute class can help you burn about 400 to 600 calories. All Fitness Levels Encouraged.

HIIT

This High Intensity Interval Training class is sure to be just what you need. Kick start your day with this energy packed workout using several pieces of equipment and a routine to make you feel energized.

PILATES

Mat Pilates is a perfect way to improve your overall physical fitness. The class will focus on improving balance, strengthening core, improving flexibility and more! This is a 30-45 minutes class, which will engage all muscles, using little equipment and leave you feeling successful. For all levels.

SILVER SNEAKERS® CLASSIC STRETCH

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance in addition to a chair to be used for seated/standing support. Sign up for your Silver Sneakers® membership today!

STRETCH FOR LIFE

A non-impact class designed to help achieve full range of motion in the muscles and joints. This is a wonderful class for those who suffer from arthritis and other movement disabilities. There is a variety of stretching and light strengthening exercises done to promote flexibility, build strength, improve posture, and reduce tendencies toward fatigue.

STRONG WOMEN

A class held over the lunch hour that consists of a 20-minute workout of toning and strengthening activities. Workout clothes are not necessary for this class, comfortable clothing and a pair of tennis shoes is all you need.

TAI CHI

Tai Chi focuses on fall prevention and through practice the improvement of one's balance to reduce the likelihood of falling. Tai Chi is based off the principal of Chinese Martial Arts and consists of slow rhythmic movements. This class can be performed in a seated or standing position. Qigong is also practiced and is done the last 15 minutes of class.

TNT: TONE AND TRIM

This class focuses on strength and toning activities intermixed with cardio segments and strength training. This class is great for beginner and advanced participants.

YOGA

This is a soothing, relaxing approach to exercise that challenges the limits of your mind as it changes the limits of your strength and flexibility. This class is designed to relieve stress as well as build strength and flexibility.