

Group Fitness Descriptions

Our fitness classes offer something for everyone. Each instructor will do their best to provide variations in movements and demonstrate different levels of intensity to ensure that your class is achievable and fun. We strongly encourage you to participate at your own pace.

Studio A (13+yrs)

Cardio-Core: A heart pumping Hi/Lo cardio session, followed by core work to strengthen all your core muscles.

Cardio Kickboxing: This high-energy workout will have you kicking and punching your way to better health and improved confidence. Kick all your tension good-bye!

Circuit Training: Develop your strength and aerobic fitness with exercises performed in succession and minimal rest. Your heart rate remains elevated in this high-intensity class.

H.I.I.T : High Intensity Interval Training is one of the best ways to maximize your workout time. A class that involves short intense bursts of exercise followed by active recovery periods so you will burn calories long after your workout.

Interval Challenge: Alternate moderate and high intensity bursts of cardio and strength conditioning for a full body workout.

Pound@: This full-body cardio jam session is inspired by the infectious, sweat-dripping fun of playing the drums. Using lightly weighted exercise drumsticks, torch calories and drum your way to a leaner physique.

Socacize@: A creative blend of Caribbean and African dance movements set to calypso, soca, chutney, reggae, salsa, and dancehall. This exhilarating dance fitness workout is a fun-filled total body workout.

Step: Step up your fitness with this classic choreographed aerobic exercise class. You'll get a full body cardio workout while also toning your legs. Modify intensity by adjusting your speed, step height and movements.

Total Barre@: Integrates elements of Pilates, dance, and strength training to create a high-energy and dynamic class. Emphasizing correct biomechanics with the power of music to increase strength, flexibility and stamina.

Zumba: Fuses hypnotic Latin rhythms with easy to follow moves to create a dynamic class that will blow you away.

Studio B (13+yrs)

Body Shred@: This holistic, high-intensity, endurance based workout developed by Jillian Michaels, utilizes her signature 3-2-1 approach to give you a comprehensive workout that will give you results.

Cycle Fit: A cardio workout with varying speeds and resistance levels to provide a different 'ride' every time.

Cycle Fit Fusion: A Cycle Fit class combined with off-bike cardio and light-weight resistance training exercises. You will definitely enjoy the variety that this class offers!

Cycle Pump: Cycle Fit and Pump It Up all in one! Improve your cardio on the bike while also building strength and core doing off-bike muscle conditioning. Challenge your fitness level with this high energy, calorie-burning class.

PiYo@: This class combines the muscle-sculpting, core-firming benefits of pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout.

Pump It Up: This class focuses on weight bearing strength exercises that are challenging, safe, and functional. We incorporate the use of: dumbbells, bars, plates, and steps/benches.

Total Muscle Challenge: Challenge yourself in this high-intensity, workout. Improve strength, stamina, and explosive power with a workout that changes every week.

Studio C (13+yrs)

Meditation: This class is a fully guided meditation allowing pockets of silence. There will be focus on posture and breathing accompanied by soft background sounds and music.

Mobil-lates: A blend of mobility work, Thai yoga, and pilates that will move, lengthen, and stretch your entire body. You will see improved range of motion, balanced muscle activation and decreased muscle soreness.

Pilates: Experience this mind/body movement focusing on the pilates principles of centering, breath, concentration, control, precision and flow. Includes elements of standing as well as mat work.

Sunrise/Sunset Yoga & Meditation: This class is an introduction to yoga in the form of therapy. Each class includes static and flowing yoga postures, different breathing techniques, sound and a guided meditation.

Yoga-Gentle: Learn basic postures, stretches and breathing techniques to help you relax and de-stress. This class is appropriate for pregnant women.

Yoga-Hatha: Breathe and stretch your way to greater harmony and energy as you reduce stress, align your body, and deepen your inner peace. **Basic** – for beginners & relaxation; **Advanced** - more vigorous practice for those with some experience. **Flow** - harmonizing Hatha with the invigorating flow of Vinyasa..

Yoga- Hatha/Ashtanga Blend: Elements of Hatha, Ashtanga, Yang and Yin. Explore intensities of poses with Hatha, posture purpose with Ashtanga, Yang to improve strength and Yin to allow a fabulous release of tension.

Yoga- Restorative: This is a more healing and recuperative yoga practice. Aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. Props are used to assist you to hold poses.

Yoga- Vinyasa: This class is a dynamic, flowing form of yoga smoothly linking your body movements to your breath. You'll be guided in a series of poses that will move you through the power of inhaling and exhaling.

Yoga-Yin: Yin practice targets the connective tissues of the body that normally are not exercised during an active style of asana practice. It allows for the release of myofascial tissue and assists in supporting positive neuroplasticity.

Yogalates: Experience the relaxation and toning benefits of yoga and pilates - the best of two worlds.

East Salon (55+yrs)

Chair Pilates: Maximize your strength and wellness with this low impact pilates class. The focus is on seated as well as standing core exercises to strengthen the spine, and increase strength and mobility of the joints.

Chair Yoga: This is a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses.

Fit Fusion 55+: This class is designed for older adults as it consists of low impact movements with little to no bouncing. It's a blend of cardiovascular and muscular strength, finishing off with a full body stretch.

Stretch & Strengthen: This workout uses various types of equipment to focus on coordination, balance, and muscle strength. It finishes with stretching and postural exercises.

Yoga 55+: Breathe and stretch your way to greater harmony and energy as you reduce stress, align your body, and deepen your inner peace.