Classes free to members unless marked with **. Bring a friend to try a class.

**Punch Card:** $15 per day or 10 Classes for $135 (one time only). After Punch card is completed you must take out a membership and we will waive the joiners fee.

**PERSONAL TRAINING PACKAGES AVAILABLE:**
Call or visit online for more information or pricing.

**SCHEDULE SUBJECT TO CHANGE DEPENDING ON HOLIDAY SCHEDULE, WEATHER, OR CLASS SIZE.**
**Group Exercise Class Descriptions**

**Adult Fitness:** For the Active Older Adult (or beginner exerciser). Stretching, toning and light aerobics are included in this popular class.

**Aqua Fitness:** A recreational exercise program for those with arthritis, with the purpose of reducing pain and stiffness.

**Ballroom I and II:** Learn the basics of Ballroom dance. Waltz, and Foxtrot.

**Barre:** A one hour full body workout that fuses the best elements of ballet, Pilates, sports conditioning and stretching for a truly unique and fun experience. Low impact but high intensity intervals of strength training followed immediately by deep recovery stretching. This regimented routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.

**Boot Camp Indoor & Outdoor:** You will experience a different workout in each class as Tabata, circuit training, cardio and more are explored.

**Cardio Core Fusion:** Get ready for a different class each week, cardio/weights.

**Cardio & Strength:** Combinations of cardio workouts, step, kickboxing and weights.

**Cardio Sculpt:** Designed to get your heart pumping combining cardio moves along w/weights and body resistance for a total workout.

**Cardio Spin and Express Spin:** Instructor lead stationary bike workout that is set to motivating music for a challenging bike ride with hills, varying speeds and recovery periods. (Regular class 45 mins...Express 30 mins)

**Parkinsons Fitness:** Specifically designed for those with Parkinsons. Focus on balance and strength.

**Pilates:** Mat based class designed to increase core strength and stability. Hand weights and dyna balls will be included in this class.

**Step Aerobics:** Basic step. East to intermediate combos.

**Stretch & Balance:** Increase your flexibility and improve your posture! This class offers a full body stretch with balance moves weaved in.

**TRX:** Strengthen your entire body, especially your core, using your own body weight and suspension straps.

**Total Body Sculpt:** 60 min. session sculpting all body areas with Dyna balls and weights.

**Water Aerobics:** This class combines an aerobic workout with strengthening exercises. Easy on the joints.

**Water Walking:** Use of the deep end of the pool wearing a floatation waist belt, while exercising.

**Yoga/Gentle Yoga:** Posture sequences will stretch, strengthen and balance your body helping to reduce stress/tension. Modifications will be offered for all levels. Gentle Yoga uses gentle stretches.

**Vinyasa Yoga:** Linking movement with breath, it combines postures in a fluid sequence, similar to dance. Building strength and flexibility through creative sequencing, this class will take you through sun salutations, standing postures, twists and more!