



Group Exercise Class Descriptions

Class Name	Description
All Level Yoga	Foundational yoga postures are practiced aligning, strengthening, and promoting flexibility in the body. Breathing techniques and meditation are also integrated. Postures are held to develop strength in the body and presence of mind. All levels are welcome!
Aqua Zumba	Aqua Zumba blends the upbeat rhythms and fun choreography of Zumba with the low-impact resistance of water. This energizing pool workout is designed for all fitness levels and keeps joints happy while boosting cardio endurance, toning muscles, and improving overall mobility. Make a splash, have a blast, and enjoy a party-like atmosphere that keeps you moving from start to finish!
Balance & Flexibility	Enhance your stability, mobility, and range of motion in this rejuvenating class designed for all fitness levels. Using controlled movements and gentle stretching, you'll improve posture, core strength, and overall body awareness. This class is perfect for anyone looking to move with more confidence, prevent injury, and feel more centered both physically and mentally.
Balance & Strength	Build a strong foundation from the ground up. This class combines functional strength training with balance-focused exercises to improve stability, coordination, and overall body control. Expect a mix of bodyweight movements, resistance training, and core work designed to challenge your muscles and enhance your posture. Perfect for all fitness levels, this class will help you move with more confidence, prevent injuries, and boost performance in everyday activities.
Barre	A workout technique inspired by elements of yoga, and Pilates with a foundation of ballet principles. Barre classes focus on the lower body and core, developing strength and flexibility from the ankles up through the calves, knees, thighs, glutes, and abdominals. Good for all levels
BLAST	Enhance stability, build strength, and sharpen coordination with a dynamic mix of functional exercises designed to keep you strong, steady, and quick on your feet.
Breath & Balance	Hatha inspired yoga focusing on physical postures and breath control.
Cancer Wellness Yoga	A gentle, supportive yoga class designed for those affected by cancer. This session focuses on soft movement, breathwork, and relaxation techniques to reduce stress, improve mobility, and support overall well-being. All levels and energy levels are welcome.
Cardio Mix	Cardio focused, easy to follow moves, train all aspects of your core to move your fitness level to the next level. Intermediate to advanced.
Chair Yoga	Do you like the idea of yoga, but you are unsure about getting to and from the floor? No worries! We've got you covered with this yoga class that is centered around the use of the chair. All levels are welcome! Ideal for beginners
Circle Mobility	Unlock your body's natural range of motion with our Circle Mobility class — a smooth, low-impact session designed to improve joint health, flexibility, and functional movement. Using controlled circular patterns, gentle stretching, and mindful breathing, this class guides you through fluid motions that help reduce stiffness, enhance posture, and increase overall mobility. Perfect for all fitness levels, Circle Mobility is ideal for anyone looking to move better, feel looser, and support their daily activities or workouts with greater ease. Expect a calm, restorative experience that leaves your body refreshed and your joints happy. Move in circles. Move with purpose. Move better.



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Circuit Training	Circuit training is a 45-minute workout that combines several exercises, like strength, cardio, and aerobics, which are performed back-to-back with minimal rest in between.
Core + More	Target your core and beyond with a fun, full-body workout that builds strength, stability, and endurance using a variety of movements and equipment.
Cycle	Get your heart, lungs, and legs pumping in this indoor stationary cycle class! Work your way through flat roads, hills, sprints, and intervals accompanied by upbeat music and instructor encouragement! Best for intermediate to advanced exercisers
Deep Water	A low-impact, high-resistance class held in the deep end using flotation equipment. Improve strength, endurance, and core stability while protecting your joints—all with the added challenge of water resistance.
Gentle Yoga	A 45-minute gentle yoga class that is a slow-paced workout that focuses on relaxation, stress reduction, and gentle stretching, suitable for all levels.
HIIT	High-Intensity Interval Training (HIIT) is a full-body workout designed to improve cardiovascular endurance, build strength, and maximize calorie burn. This class alternates between short, intense bursts of exercise and active recovery periods for an efficient and effective exercise class.
Intermediate Yoga	Intermediate yoga class involves a vigorous and more complex flow that builds upon the basics, incorporating a wider variety of poses, faster sequences, and more challenging movements.
Less Pain	Experience a low-impact, joint-friendly workout designed to help you move comfortably and confidently. Less Pain uses the natural resistance and buoyancy of the water to reduce joint pressure while improving overall mobility, balance, and flexibility. This class focuses on gentle, controlled movements that strengthen the body without strain, making it ideal for anyone looking to stay active with less discomfort. All fitness levels are welcome—join us and work at a pace that feels right for you and leave feeling refreshed, supported, and empowered.
Line Dancing	In this class we are learning beginner level line dances to different music genres (mostly country) while also adding in your own dance moves and having fun. Come have a good time with some boot scootin'!
Mat Pilates	Strengthen your core, improve flexibility, and enhance posture with this full-body workout performed on the mat. Mat Pilates focuses on controlled movements, proper alignment, and mindful breathing to build strength from the inside out. This class is suitable for all fitness levels and provides options to modify or progress each exercise. Leave feeling centered, balanced, and re-energized.
Next Gen Youth Sport	Next Gen Youth Sport provides a supportive training environment where kids can grow physically and mentally. Each session blends fitness, coordination, teamwork, and confidence-building activities to help young athletes develop healthy movement patterns and a love for active living.
Parkinson's Exercise	A safe, supportive class designed to improve strength, balance, flexibility, and coordination for those living with Parkinson's. Gentle, targeted exercises help enhance mobility, reduce stiffness, and boost confidence in daily movement—all in an encouraging group environment.



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Power Pump	Power Pump is a functional total-body workout that pairs light weights, barbells, and high-rep training with fun music. You'll strengthen your body by building lean muscle, fire up your metabolism, and boost your cardio health—customizable for every fitness level.
Relax and Stretch	Unwind and restore in this gentle water-based class designed to improve flexibility, balance, and overall well-being. Using the natural resistance and buoyancy of the water, participants will enjoy slow, flowing movements combined with deep breathing and soothing stretches. This low-impact workout helps release tension, increase range of motion, and promote relaxation—perfect for all fitness levels and anyone looking to de-stress while nurturing their body.
Silver Active	Silver Active is a low-impact strength and conditioning class for active aging adults, featuring light weights, resistance bands, and other equipment. Build strength, improve balance, and enhance overall fitness in a safe and supportive environment.
Silver Fit	A low-impact workout designed for active older adults. Improve strength, balance, flexibility, and heart health through safe, functional movements that keep you strong and independent.
Strength and Step	This is a challenging combination class that combines endurance strength work with step aerobics. The first half of the class is all Strength work followed by Step Aerobics in the second half.
Strong45	A strength-focused class designed to build muscle, protect joints, and boost energy for life beyond 40. Functional exercises target balance, mobility, and core stability to keep you moving strong and feeling your best.
Total Strength	This is a challenging strength class where you will learn safe and effective techniques from our experienced instructors while challenging your muscles. Using your bodyweight along with additional fitness equipment, train to be stronger!
Water Fit	A type of resistance training done in chest deep water. Movement in the water will promote and enhance physical and mental fitness. Designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water. Great for beginners to advanced!
Work-It Circuit	60-minute class combining Work Circuit and Core and More! During this class you will move through a series of strength, cardio, and core stations for a full-body workout that builds endurance, burns calories, and keeps you challenged from start to finish. This class will leave you sweaty, strong, and ready to take on whatever lies ahead of you!
Yogalates	This class combines Yoga with mat Pilates. Concentrating on the core and abdominal strength, this works with popular yoga poses to stretch and tone.