



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU ACTIVE

FITNESS CLASS DESCRIPTIONS

ARTHRITIS

Gentle water exercises to help improve flexibility, range of motion, and relieve pain and stiffness.

AQUA ZUMBA®

A low-impact exercise that combines traditional Zumba dance moves with the resistance of water.

BODY SCULPT

Strengthening and toning using exercise balls, tubes, bands, body bars, and weights with an emphasis on correct alignment when exercising. Class includes proper warm-up and cool down that includes stretching.

CHAIR YOGA

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered.

CIRCL MOBILITY

Unlock your body's potential with this class that uses a blend of flexibility, breathwork and mobility exercises to help release tension and restore range of motion.

CYCLING/EXPRESS CYCLING

Cycling is a cardiovascular workout performed to music on a fixed gear bike. Participants of all fitness levels are welcome. Water bottle, bike shorts, and bike shoes highly recommended.

DANCE FITNESS

Dance Fitness is a fun way to spice up your workout regimen. It is an aerobic workout, divided into different tracks that provide peaks and troughs of intensity. You may have so much fun that you forget you're burning calories!

DANCE FITNESS + STRENGTH

This high-energy class remixes the same Dance Fitness class you know and love with short, powerful strength intervals using various equipment such as bands, dumbbells, and/or kettlebells. Move seamlessly between music-driven dance combinations and strength work to keep your heart rate up and your whole body engaged. Fun, effective, and accessible for all fitness levels.

DANCE WALK

Get moving and have fun in this lively, low-impact class! Combining basic walking steps with easy dance movements, you'll enjoy a mix of improvised and choreographed routines set to upbeat music.

FLEX & FLOW

Ease into your day with this gentle class of stretching to improve your flexibility. Yoga and balance are incorporated into this class allowing it to be very effective.

GROUP FIGHT®

Group Fight is for anyone wanting a challenging, athletic, and motivating workout. It's explosive, electric, and thrilling. MMA moves drive a great cardio experience that also strengthens the entire body. No equipment necessary.

GROUP POWER®

Blast all your muscles with this 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 set to dynamic music.

LINE DANCING

Kick up your heels and join us where fitness meets fun on the dance floor! No partner needed, just bring your energy and get ready to step, shuffle, and spin to lively tunes in this upbeat, easy-to-follow class.

SEE BACK FOR ADDITIONAL CLASSES

FIND US ON:



YouTube





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POUND®

POUND® is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

R.I.P.P.E.D.®

This total body program utilizing free weights along with resistance and body weight masterfully combines the components of R.I.P.P.E.D. – Resistance, Intervals, Power, Plyometrics, and Endurance.

R.I.P.P.E.D. RUMBLE®

Similar to R.I.P.P.E.D., Rumble has been created for EVERY body! No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the willingness to have fun along the way!

RHYTHM AEROBICS

High and low intensity movements using choreographed dance movements with fun music to keep you motivated!

RUN CLUB

This club is designed to bring runners of all abilities together in a fun and supportive environment. Meet in the lobby.

SOULFUSION™

SOULfusion™ is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music.

SOULSTRENGTH™

SOULstrength is a creative blend of rhythmic resistance, cardio conditioning, manageable mobility and core strength exercises all set to crazy FUN music. SOULstrength is the total package. Let's HIIT the beat with a SOUL lifting strength class designed to bring all forces of FUN together!

TAI CHI

An ancient Chinese art of relaxation, healing, and self-defense for all occasions and physical ability. The gentle, natural fluid movements can help reduce stress/pain, build balance to prevent falls, prevent illness, and slow aging.

TRX CIRCUIT

What's even better than a circuit workout? A full-body TRX circuit class that is designed to challenge you no matter what your TRX skill level! TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability.

WATER FUSION

Activate your urge for variety! Water Fusion offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning.

WATER JOG

Deep water exercise class.

YOGA / SUNRISE YOGA STRETCH

Creates a toned, flexible and strong body, increases energy, concentration, and memory. Helps to maintain a balanced metabolism. Boosts immunity and relieves pain. Improves balance, posture, and athletic performance.

ZUMBA®

Zumba is a dance fitness class that combines Latin and international music with easy-to-follow dance moves. It is a fun and energetic way to get a workout.



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