

Basic Step/Sculpt: If you're a person who loves to take step aerobics for all the fun, music, and the quick results but it's a little too challenging then the Low Impact Step Class is for you. This class is perfect for beginners to learn all the basic moves and get a great workout.

Cardio Mix: Easy to follow, drill based cardio exercises set to music. This class is designed to elevate your heart rate as well as challenge your muscles and increase your strength and improve your definition.

Circuit Training: Reclaim your body and cross-train for improved overall fitness. We mix it up with our Precor Cardio Machines, Nautilus Circuit Training Equipment and our Group Fitness Studio tools to increase physical strength, flexibility, and cardiovascular health. *(If you have not used our strength training circuit machines, please schedule a FREE orientation before taking this class.)

Metabolic Conditioning: During this class you will be performing a combination of compound movements with little rest in between, in order to make your body into a fat-burning machine. The best part, it never gets boring because it consists of many different types of exercises, including body-weight movements, plyometrics, and resistance training. Increase your metabolic rate NOW!

Pedal & Pump: Get the best of both worlds with this Pedal and Pump class! This class is a mix between cycling and weights to increase cardio endurance and muscle strength.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® Cardio: Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SilverSneakers® Yoga: Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Sit and Get Fit Yoga: "Gentle chair yoga class that's fun and challenging. Build strength, flexibility, balance, and coordination with yoga poses modified to the chair. "Sit and Get Fit", in addition to performing chair-supported standing yoga poses, (options demonstrated if you would like to remain seated.)"

Strength Train Together (STT): Strength Train Together combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.

STRONG: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to music designed to match every move.

Tai Chi I: Introduction to Tai Chi. Learn the movement and form in a slower and controlled environment if you're new to this type of martial art practice.

Tai Chi II: Combine basic Chinese principles in a combination of movement and energy. Based on relaxation and awareness, this even-keeled martial arts practice reduces stress while increasing overall body awareness through balance, coordination, and proper alignment.

Tai Chi for Diabetes: A safe and easy form of Tai Chi with the main goal of assisting students of all ages and abilities in handling their diabetes and improving their quality of life.

Y Cycle/Express Cycle: Get ready to be transformed, as you climb and sprint your way through one of our indoor cycling sessions. Indoor cycling efficiently combines strength and cardio training backed by science and driven by pulsing music to move you towards your body goals. Whether you're an avid outdoor cyclist or a weekend warrior, we have a cycling training session for you.

Y Firm: An intense workout focusing on weights and high reps using body bars, dumbbells and bands. Increase your strength and improve your definition while working your muscular endurance.

Yoga: A balanced and innovative approach to the traditional and popular Eastern practice combining elements unique to each instructor's experience and incorporating work from various styles including Hatha and Vinyassa.

Zumba®: This class features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party.