

Aerobics Classes

Group class descriptions:

Butt Busters: Tighten up your bottom line with a 45-minute intense glute, inner/outer thigh, and hamstring workout.

Carolyn's Low Impact: Carolyn's brand of low impact is fun, full of variety, and keeps you on your toes while keeping the impact out of your joints. This class will get your heart rate up, while entertaining you!!

Cardio Cross Training: A cardio variety class that is sure to entertain you, keep you on your toes, and get your heart rate up!! Be ready for anything!!

Fitness Factory Core Zone This is a 30-45 minute class designed to trim the middle section and get you the abs you've been looking for!!

Flyte Fitness: Incorporating the Core Flyte discs we will be hitting the core and the entire body in a way that will challenge you physically unlike any class you've taken before. It's only 30 minutes but promises to give lasting results!!

Group Cycling: What a rush this class is!! Utilizing group cycling bikes, this instructor-led class will push your heart rate levels up, burn your legs out, and make you sweat like you never have before!! A guaranteed winner of a class!!

Heidi's Hi-Lo Impact: Heidi's brand of hi lo aerobics is city renowned!! Her high intensity, easy-to-follow class is a guaranteed killer!!

H.I.T.: A fast-paced weight training class guaranteed to tone your body while strengthening your muscles AND burning a ton of calories!!

Hour of Power: Depending on how poorly the instructor ate the night before, beware of their mood!! All kidding aside, this fun class will be different each time and will be worth getting up for!!

Kettlebell: Streamline your body and get strong with our Kettlebell class!! By incorporating big muscle movements into a heart-racing class, we guarantee you a great full body workout!!

Pilates: A mind and body workout that improves flexibility and posture, creating long, lean muscles and strong abdominals.

Power Plyo: This class incorporates plyometrics, rope training, and medicine ball work for a reinvented full body workout!!

Run for Fun!: (Seasonal) This 45-minute class will give you the option of running or walking with hopes we will have you putting miles on your sneakers by the end of the summer! We will incorporate safe running techniques, weight bearing stations, and visits from Dincher (the owner's running companion). All levels are welcome!!

Silver and Fit: This class is for older adults and incorporates light weights, a bit of cardiovascular training, some stretching and camaraderie for those that want to stay in shape! Participants can be seated or stand if able.

Step Aerobics: This traditional group exercise class is anything but traditional!! High intensity step aerobics choreographed to keep you on your toes and burning calories is guaranteed to make the time go fast while you get in shape!!

Strength Training: This is a 45-minute strength training class designed to educate you on how to design your own exercise regimen.

Tough Mudder Training: Ever want to try a Tough Mudder? Incorporate this class for the summer and you'll be ready. Plenty of bootcamp style workouts that will reinvigorate your fitness regimen!!

VRT: Variable Resistance Training: High intensity, constantly changing class to challenge the toughest of participants!!

Yoga Flow: This mat workout class infuses yoga postures and core-conditioning exercises that will produce real results and will tone your body from head to toe. Benefits of this yoga class are improved flexibility and strength, core stability and balance, stress reduction, relief from fatigue and back pain, and improved mind-body awareness. This workout can be modified for all ages and fitness levels.

Zumba: Zumba is a Latin-inspired, dance/fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! Zumba integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric output,

cardiovascular benefits, and total body toning.

Zumba Gold:Â Zumba Gold puts a spin on our traditional Zumba class and gears it towards our active older adults!!Â
Guaranteed good time!!

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All classes are multi-leveled.Â All members welcome!!