

SATURDAY MORNINGS

Jump start your Saturday with a workout that pushes you according to your ability. Alternating instructors keep it fun and new every time. 1ST Saturday is total body 2nd Saturday is Zumba, 3rd Saturday is Vinyasa Yoga, 4th Saturday Barbell Blast

H2O BOOT CAMP

This is no water aerobics class! This class will have you jumping in and out of the pool, squats, push-ups, lunges, and abs so many ab exercise. So if you love the water and want a tougher class, this is the class for you.

Sporting around

This class is for our young ones- ages 7-12. Located in the gym, working on coordination, running, and jumping and having fun playing in the gym. There is no extra cost for this class, so let your kids come and play in the gym with Mario our new fitness instructor.

SENIORS ON WEIGHTS

Using the track and machines in the weight room through timed intervals that will get your heart rate up! Geared towards the seniors but all are welcomed.

SILVER SNEAKERS CLASSIC

Multi-level, equipment based, total body conditioning. Classes are designed to increase strength and flexibility. Participants move to the music through a variety of exercises for the upper and lower body, including skills for daily living activities.

SILVER SNEAKERS YOGA®

This class 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 motion.

TABATA/TONE

Timed intervals that are so effective, yet so brutal, that you'll thank me while hating me! A method of interval training where you alternate 20 seconds on 10 seconds off. For all fitness levels.

ZUMBA

Is a dance fitness program. Dance to great music, with great people and burn a ton of calories!

AQUA FITNESS/ SILVER SNEAKERS SPLASH

A class for everyone, especially for those with joint limitations or injuries. Get fit with this challenging water workout, using your own body weight, and water resistance tools. Splash your way into improved strength, you'll leave the class feeling refreshed.

YOGA

Our yoga classes focus on balance, strength, breathing and total body conditioning. Classes are designed to meet the needs of all levels and ages.

BOOT CAMP

Paid session classes working with a certified personal trainer who will push you to your limits, for intermediate to advance only.

Teens on weights

This is a paid session class for our teens, ages 13-17 years old. They will learn the proper technique for lifting weights, how to use the machines and how to put a program together.

INTERVALS

Is a total body workout, with strength and cardio conditioning that helps you blast fat and build lean muscle. Our mix of cardio, lower strength, upper strength and core will help you push you past your plateaus.

STRONG

This 45 minute class's priority is to burn calories, build lean muscle and boost metabolism for long term results. All fitness levels are welcome.

HARD CORE CARDIO/CARDIO ONLY INDOOR/OUTDOOR

This class will definitely count as your cardio day! Using the treadmill, the stairs, jump rope, and the bikes, anything that is going to get your heart up and keep it at a steady state. If you hate to do cardio on your own, this is the class for you. All fitness levels are welcome

CORE & RECOVER

A 45 minute class, working core and then foam rolling with deep stretching. Working on flexibility with deep massaging tight muscles and poor flexibility. Everyone should try this class and fit it into your workout schedule.

BARRE

A fusion of yoga, Pilates, strength training and ballet... This pattern of exercise helps to improve strength, balance, flexibility, and posture.

HIIT N ROLL

High intense interval training, is a timed series class with high intense reps of an exercise and an active recovery. This is a full body workout, including cardio, and only takes 45 minutes. For intermediate to advanced clients. Using the foam rollers for deep stretch after the HIIT workout.

BARBELL BLAST

This class will be using our awesome barbell system, where you can take weight off and add weight when needed. This is a full body weight training class. This class is for all fitness levels who are willing to lift some weight, barbells are limited so get to class early to insure you will get a barbell.

BUTTS & GUTS

Working those glutes to the core, with high intense abdominal exercises. Leg day just became my favorite day!! All fitness levels are welcomed!

WE WANT TO INSPIRE YOU!