

GROUP EXERCISE

drop-in

Keep your heart pumping for the duration of these workouts!

CARDIO

W.A.H.O.O.: **Want An Hour Of OOMPH?** Use a variety of equipment for cardio and strength training intervals for a whole lot of OOMPH!

Lunch Crunch: In a hurry? This 50-minute interval class will work your whole body!

Kickboxing (KB): Put basic moves to music for an intensive workout. No physical contact.

Pump & Jab: Use traditional KB moves with intense intervals to get pumped!

Challenge your strength, balance & flexibility with emphasis on relaxation & mind/body connection.

MIND & BODY

Yoga Blend: Different variations and progressions are offered to accommodate participants of all levels.

Yoga Flow: Link yoga poses together in a safe, effective way. Improve endurance and postural alignment.

Pilates: Focus on core muscle strength and coordination while using a variety of equipment for additional challenges.

Use the step for a fun choreography-based workout!

STEP

Step It Up: Participants will learn energetic, heart pumping choreography and then finish up the workout with some muscle toning.

Power Step: This high energy class adds power to your already elevated heart rate by including high intensity athletic intervals between choreography.

Advanced Step: Complex choreography, extended cardio segment, not for the novice!

Increase strength and cardiovascular fitness with minimal impact on joints.

AQUA

Deep Water: Use aqua joggers to maximize your workout...impact free! Participants should feel comfortable in water 14 feet deep.

Workout: These toning and cardio intervals will keep you moving with ease.

Run: Enjoy a combination of running drills and intervals to keep your heart pumping!

Aqua Tone: Use the resistance of the water to get a total body workout. A great tool for cross-training and injury prevention! (Swimming skills not required: water depth 4 feet.)

Increase strength & improve definition while working on your muscular endurance. All fitness levels welcome.

H.A.B.I.T: Hips, Abs/Arms, Back/Buns & Incredible Thighs. Use a variety of equipment to help you strengthen and tone major muscles while increasing metabolism.

Pure Strength: This class utilizes weight room style lifting to work every major muscle group. This workout specifically focuses on muscular endurance by doing a lot of repetitions.

Core Stretch: Strengthen and lengthen your core with 30 minutes of challenging moves that will increase your stability, balance and posture.

Core Blast: Target and challenge the abs, back, and hips in this intense and dynamic workout. You will learn how to effectively strengthen the core using proper form and technique!

STRENGTH

Follow your instructor on a simulated ride through various terrains while controlling your own resistance. Race through drills, hills & flats.

Indoor Cycle: Enjoy a heart pumping interval cardio session, for all levels.

Indoor Xtreme Cycle: A high intensity, 75 minute version of traditional cycle.

CYCLE

No dance experience necessary!

Nia: An expressive cardio dance class that serves to strengthen the physical body and enliven the spirit. Combination of yoga, tai chi, modern & ethnic dance.

Zumba: Dance workout that combines a mixture of body sculpting movements and easy to follow dance moves set to a fusion of Latin and international music.

Groove: A new way to think about how your body moves! Combine the best of yoga, dance and strength training to discover YOUR way to groove!

AFRI-CARDIO: A fusion of a cardio workout and West African dance class. Excellent music from all over the African continent is used. Every BODY is welcome!

DANCE

Happy Hours: FREE classes, Fridays @ 5:30 PM!
Schedule is online and posted in the AFC.

Drop-in schedules [subject to change] are available in Group Exercise rooms & online. Classes are 60-minutes unless otherwise specified.