

Group Exercise drop-in

NEW! Combo classes created just for you.

CY-YO: Sweat it out and get energized on the bike for a cycle class and then grab your mat to stretch those tired muscles. Get a complete workout in one class!

CARDIO STRENGTH

DANCE HARD CORE: Blend the best of dance and core work for a fun, intense workout! You'll be grooving your way to better fitness in no time!

STEP & SCULPT: Traditional choreography using the step keeps your heart pumping while strength exercises challenge both the upper and lower body for a total-body workout.

KICK & CORE: Jab, cross and kick to your heart's delight during the intensive cardio portion of this class; then challenge your abs, hips and back during the core strengthening segment.

30-20-10: We've combined 30 minutes of intensive cardio, 20 minutes of strength training and 10 minutes of flexibility to create the perfect all-inclusive workout!

Keep your heart pumping during these workouts!

W.A.H.O.O.: **W**ant **A**n **H**our of **O**OMP? Use a variety of equipment for cardio and strength training intervals for a whole lot of OOMP!

Cardio Blast: In a hurry? This 45-minute interval class will work your whole body!

Kickboxing (KB): Put basic kicks and punches to music for a fun cardio-intensive workout.

Pump & Jab: Use traditional KB moves in addition to intense drill focused intervals to get pumped!

Mountain Cycle: A fun 45-minute climb-intensive ride.

Cycle 101: Whether new to cycle or just looking for a quick cardio workout, this 30-minute class is for you.

Cycle: A heart pumping interval cardio ride for all levels.

Xtreme Cycle: A high intensity, 75-minute cycle class.

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!

CARDIO

Happy Hours: FREE classes, Fridays @ 5:45 PM!

**Drop-in schedules [subject to change]
are available in Group Exercise rooms & online.**

Classes are 60-minutes unless otherwise specified.

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

H.A.B.I.T: **H**ips, **A**bs/Arms, **B**ack/Buns & **I**ncredibly **T**hings. Use a variety of equipment to help you strengthen and tone major muscles while increasing metabolism.

Pure Strength: Increase your muscular tone and endurance in every major muscle group! This class utilizes fun music and weight room style lifting.

Pilates: Link your breath with core exercises while using a variety of equipment to increase body awareness and add challenges.

Core Blast: Challenge your abs, back and hips in this dynamic workout. Learn to effectively strengthen the core using proper form and technique.

STRENGTH

Increase strength and cardiovascular fitness with minimal impact on joints.

Deep Water Workout: Use aqua joggers to maximize your workout! Enjoy a combination of running drills and toning intervals to keep your heart pumping! Participants should feel comfortable in water 14ft deep.

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 4ft.

AQUA

No dance experience necessary.

Kukuwa: Latin, African and Caribbean dance mixes to give you a high energy workout designed to pump FUN through your veins!

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

Groove: Combine the best of yoga, dance and strength training to discover YOUR way to groove!

DANCE

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

Yoga Stretch: De-stress with us for 30 minutes of yoga and stretching guaranteed to rejuvenate and refresh.

Yoga Blend: Follow a progression of a variety of yoga poses and styles. Relax your mind while your body experiences the many benefits of yoga.

Edge Yoga: Leave that meditative cave and join us for a funky, yet fluid class set to punk, hip hop and alternative music!

Nia: An expressive cardio class that combines nine movement forms from the martial, dance and healing arts for a mind/body workout. Instructors suggest a non-competitive focus and deliver sensory cues.

MIND & BODY