

AQUA FITNESS

Dive into this cardio and conditioning class that incorporates the latest and wettest aqua based exercises into a joint friendly high energy water workout. Experience a tidal wave of water exercise that combines aerobic and resistance intervals. Water shoes are optional.

AQUA ZUMBA®

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

CARDIO BLAST

Engage in high intensity exercise with this class that combines aerobics with muscular endurance training. Have fun and break a sweat while you bring your cardiovascular and strength workout to a new level!

CORE EXPRESS

This 30 minute class uses functional exercises by combining abdominals along with squats, lunges and lower back stretches to help shape, define and shrink the waistline.

FITNESS 101

Improve strength, endurance, and joint flexibility with this lower impact class that includes cardiovascular and strength training. Enjoy a technique driven total body workout designed for even the most novice exerciser.

FITNESS FUSION

Get stronger and leaner with this class which combines cardiovascular endurance, muscular endurance, and muscular strength exercises in an effort to engage all major muscle groups. This class always has something new, so you never know what you'll be doing next!

FLUID MOVES

Get in the water and improve activities of daily living. Enhance cardiovascular endurance, muscular endurance, muscular strength, range of motion, flexibility, and balance through soothing movements. These classes are perfect for individuals who have arthritis and/or are just beginning an exercise program. Classes are held in the therapy pool.

GENTLE AEROBICS



Through a combined use of floor routines, step aerobics, light weight and Pilates, aerobics participants enjoy the option of a regular workout designed for low impact aerobic activity. This low-intensity class is tailored to meet the individual needs of participants.

LIVING STRONG



All fitness levels are welcome to join this low impact, low-intensity modified strength training class. Benefits include increased muscle mass, strength, flexibility, and endurance. Participants also experience increased self-esteem, a sense of control, and an improved quality of sleep. No previous experience needed.

SPINNING

With driving music and great drills, we bring your outdoor cycling experience indoors without the barking dogs. You'll climb hills, pass riders on the flats, and maybe even do a few time trials during this non-competitive ride. Get ready to sweat, have some fun, and spin into good health! Water bottle and towel are recommended. All fitness levels are welcome.

STEP IT UP

Enjoy 30 minutes of high intensity exercise with this fusion class that combines basic step aerobics with endurance exercise. Step It Up will help you bring your workout to new heights!

TOTAL BODY CIRCUIT

This high intensity interval class mixes body weight exercises with cardio and strength training in a way that will test your dynamic fitness. We want to keep you guessing and challenge you differently every class!

ZUMBA®

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba achieves long-term benefits while experiencing an absolute blast in 45 minutes of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!