



Group Fitness Classes

*Looking for a challenging workout but limited on time?
We offer a wide range of group fitness classes led by certified instructors.*

Boot Camp

A cross-training class consisting of various work stations to provide a total body aerobic workout. This class will keep you moving!

Family Fitness

Utilizing both cardio and weights, this class is designed for parents and children (ages 6 and up) to get active together. Opens with a combined exercise session, after which the kids go to a separate area to finish while the moms and dads keep working.

Jazzercise

A dance exercise program incorporating cardio, strength, and stretch moves for a total body workout.

Pilates

Core-strengthening exercises utilizing the whole body. This strength training works from the inside out, developing balance, coordination, and flexibility without using weights.

Senior Stretch

A stretching and muscle-toning session that is specially designed for senior adults, pregnant women, and those with medical limitations.

Step Aerobics

A low-impact aerobic workout combining the use of the aerobic step and upper body movements to achieve a total body aerobic workout.