



Class Descriptions

Beat It! - Tracey (Multi-Purpose Room)

In this jam-filled, rhythm-building, brain-boosting, stress-relieving class, we use *drumming* to rock our way through the entire hour. Ripstix provided.

Boot Camp – Kelli, Beth (MPR)

A full body workout with a combination of strength, conditioning, and cardio. The program is designed for all fitness levels!

Kick Box Conditioning - Laz, Rosa (North Gym)

High intensity kickbox and circuit training promoting endurance and core strength along with increased mental and physical focus.

Youth Kick Box Conditioning – Laz, Rosa (North Gym)

Special emphasis on cardio conditioning, personal skill development that helps build self-confidence.

Core Conditioning – Amy (MPR)

Strengthen your abdominal, obliques, lower back, glutes and hamstrings using bosu balls, hand weights, bands, gliders and body weight training. End with a core, hip, and hamstring stretching sequence, 45-minute class.

Cycling with the CEO – Conrad (MPR)

Intense cadence-based spin sessions. Will include sprint intervals, tempo intervals, hill workouts and endurance pace intervals. Classes are 60 minutes long incorporating workout transitions every 15 minutes. MUSIC – classic and contemporary Christian; classic rock. **Express version** incorporates two 15-minute blocks.

Cyclone Cycle – Tracey (MPR)

Travel through Tracey's tropical storm in this 45 min class. Journey through a typhoon while rockin' out to 80's, billboard top 50 and some hip-hop music. Feel free to sing, dance or use light hand weights to tighten up those triceps and biceps. Seat cushions available and don't forget to bring water!

GROUP CYCLING – Beth, Dana, JoAnn, Roger, Wendy (MPR)

This class is for everyone, at any age and at every level of fitness. This is a forty-minute cardio workout on a spinning bike. Fun, safe and challenging.

Gym Grit – Amy (West Gym)

45 min class mixing body weight strength training, basketball drills, and plyometric HIIT exercises.

HIIT (high intensity interval training) – Nicole, Stephanie (MPR)

Intense cardio and strength interval training that utilizes measured bursts of activity followed by equal recovery periods.

Hi/Lo Cardio Plus – Jackie (MPR)

This class is a great combination of high intensity cardio with low impact. No matter your fitness level, you will be able to move your body with easy to follow exercises! We will begin with warm up and stretches then proceed to a cardio workout using choreographed aerobics which could include kickboxing to increase your heart rate. We then move into a body sculpting segment which may include the use of a stability ball, free weights or resistance bands, followed up by a cool down and stretches.

Power Pump – Amy, Stephanie, Miranda, Leticia (MPR)

In this weight training class you can expect to squat, chest press, dead row, lunge, curl, and clean and press to music using variable barbell weight with high repetition.

Power Pump Express – Amy, Stephanie, Miranda (MPR)

Get all the weight training of power pump in just 45 minutes.

Extreme Power Pump – Amy, Stephanie, Miranda (MPR)

Power Pump with a special little twist, 20 second HIIT workouts after every muscle group track.

Senior Fitness – Cheri, Brenda, Aimee (MPR)

Silver Sneakers – for improving strength, flexibility, posture and balance. Exercise at your own pace with resistance tools including bands, balls and weights.

Active Older Adults – this class combines resistance exercises and weight training to decrease the risk of osteoporosis and increase stamina, flexibility and range of motion.

Tabata – Jackie, Nicole (MPR)

interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. Tabata is beneficial for all levels of participants as exercises can be modified to accommodate each participant based on their fitness level.

TRX – Beth, Nicole (Studio #2)

Experience tons of full body exercises with suspension training. Help build strength, flexibility, stability, mobility and endurance.

ZUMBA® - Lori (racquetball court)

Perfect for every body and everybody! Take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning Dance Fitness Party! Once the Latin and World rhythms take over, you'll see why **ZUMBA®** Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome in every class!

All of our classes are for all ages, genders and fitness levels.

