

Strength & Cardio Training

Strength Training Together® Group Power® is your hour of power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power® combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best. Power Up!

Core Focus Together® Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain and give you ripped abs!

Active Together® Get Active and get more out of life! Group Active® gives you all the fitness training you need---cardio, strength, balance and flexibility---in just one hour. Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate your Life with Group Active®!

Defend Together™ A mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness!

Conditioning Together Burn calories using loaded movement with VIPR equipment. Integrates strength, agility, cardio fitness!

Group Cycle Ride to the sounds of motivating music in an energizing and amazing cardio workout!

Zumba This class combines high-energy Latin dance and hip-hop rhythms with a focus on a dynamic cardio workout!

Bollywood Dance Is a mixture of belly dancing, kathak, Indian folk and modern jazz.

Jump Start Circuit 45 minute Instructor led circuit workout program suitable for all levels of fitness, held in Wellness Center.

Mind/Body Classes

Balance & Flex Together® A combination of yoga and pilates with athletic training for balance, mobility, flexibility and core.

Healthy Back Yoga A yoga class designed for core strengthening, stretching, tight muscles and promoting stress reduction. Chairs are available to assist if needed.

Chair Yoga A yoga class that features seated and standing poses with deep breathing to promote strength, flexibility and relaxation.

Yoga Flow Experience a combination of yoga poses, moving with the breath, increasing strength and flexibility while reducing stress.

Gentle Yoga Chi A combo class blending gentle yoga and easy tai chi movements to promote balance, strength and stress reduction.

Beginner Yoga A flow yoga format of basic foundational yoga poses & stretches with a final period of relaxation.

Mat Pilates A core conditioning fitness class that focuses on body alignment and breathing on the mat.

Tai Chi Gentle movement exercises that improve overall mobility while cultivating energy and increasing relaxation.

Active Older Adult Programs

SILVERSNEAKERS® CLASSIC Designed to increase muscular strength and improve range of motion for improved daily living.

SILVERSNEAKERS® CIRCUIT Combine fun with fitness to increase cardiovascular and muscular endurance.

Youth Fitness Activities

Kids Jujitsu A martial arts class focuses on grappling and ground fighting techniques. Ages 5-12yrs