



Class Descriptions

Pilates Style – Amy Hinkley

Low-impact exercise and stretching designed to tone and lengthen the muscles. Includes constant core engagement.

Vinyasa Yoga – Jessi Cole

This class engages the mind, body, and spirit using shorter-held positions. The movements in this class are tied together with breaths. Modifications given for all fitness levels.

Zumba Fitness – Ya Berry

Dance fitness class that is fun and energetic!! A total workout combining all elements of fitness, cardio, muscle conditioning, balance, and flexibility. You will experience boosted energy and a serious dose of awesome each time you leave class.

Ignite Yoga – Alyssa Sanders

Ignite your power within! Strengthening and deep stretching of the body while moving to a slower rhythm and movement. A smooth movement (flow) of poses that run together and become like a dance. Come experience yoga to different music styles that will challenge you to focus on your breath and body, and less on the music.

Stretch & Release – Kayla Williamson

Sculpt, tone and lengthen your muscles. This class will take you through static and dynamic stretches with an emphasis on core strength and muscle balance. Increase mobility, prevent injuries, and decrease muscle soreness and overall stress with this class.

Sculpt – Kayla Williamson

Tone and sculpt multiple muscle groups with this workout that incorporates Pilates and Yoga. By holding, pulsing, and stretching, you will elongate, lift, and sculpt the entire body.

Cycle/Spin – Kathy Vrana, Lisa Cowen & Kayla Williamson

This great cardio journey uses stationary bikes. You will jump, climb, and sprint your way to great health while listening to motivational music. This is interval training at its best!

Senior Cycle – Megan Varner

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Step it up – Cindy Kaczmarczyk

A variety of constant body/muscle mass movements that incorporate a bench apparatus and the floor to achieve a cardio/fat burning workout. You create new brain cells-the eyes that signal to the brain which makes that body move into steps that you can take to the dance floor, all in a group environment.

Toning – Cindy Kaczmarczyk

A variety of repeating activity that tones the arms, legs, abs, back and glute muscles through the use of your own body weight, hand weights, bands and/or balls. This class will engage your fast-twitch muscle fibers. Core isometrics, body balance, and heart conditioning will be used as well. Your heart rate increases with easy-to-follow exercises, followed by a recovery period where your heart rate will drop back down.

Toning and Circuits – Melanie McGregor

Full body toning followed by circuits for cardio.

Water Aerobics – Jim Borer, Rachael Barry, Candy Boyer

Water aerobics uses the natural resistance and buoyancy of water against your body, along with light water weights, to provide a wide variety of conditioning activity. No swimming is required.

Water Yoga – Rachael Barry

This class is done in the therapy pool, which helps keep your joints warm and eases the pain of common conditions such as arthritis.

MODIFICATIONS ARE GIVEN FOR ALL FITNESS LEVELS IN EVERY CLASS!