



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.

Ignite Yoga – Alyssa Sanders

Strengthening and deep stretching of the body while moving to a slower rhythm of movement. Come experience yoga that will challenge you to focus on your breath and end with a guided meditation for the ultimate relaxation. With Ignite yoga it's all about that balance to keep that light shining within.

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, Kayla Williamson, Gail Gerber

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!

Water Aerobics – Jim Borer, Rachael Barry, Candy Boyer, Wally Orr

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.

PlyoJam – Kaitlin Kobelak

PlyoJam's innovative workout combines cutting-edge dance moves with short, intense plyometric exercises that tone, shape, and transform the body. PlyoJam is exciting, fast-paced and fun. All fitness levels welcome, and modifications are provided.

PowerPlay – Alicia W.

Take your workout OUTSIDE the box (or gym)! Full body bootcamp, sports drills, and obstacle course training will get your heart pumping and your muscles burning. Modifications are provided so whether you have a beginner or advanced fitness level you can expect a great workout! *Exercises will be completed on pavement or grass. Please bring a mat if preferred. **Class meets at fitness room before going outside.

Walk+ – Alicia W.

Tired of the treadmill and looking for some fresh air while getting your walk in? Join this group to walk with others. If you want to take it up a notch, full body exercises can be completed at stations along the walking path to make it a well-rounded workout. *Class will meet in the front lobby area.

Myofascial Release (MFR) – Alicia W.

Learn how to use gentle, sustained pressure and stretching to relax and release tight muscles and fascia. This deeply relaxing class will end with breath work and mindfulness. Please bring a mat.

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.