



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 your breaths. Modifications given for all fitness levels.

ZUMBA Fitness – Ya Barry

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

Barre Sculpt– Kayla Williamson

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

Strength & Cardio HIIT – Shawn Snyder

A High Intensity Interval Training class involving resistance training, core training, and cardiovascular training. Come prepared to work hard & sweat much!!

Tabata Boot Camp – Delena Mase

Is the perfect combination to help you STAY ON TRACK and ACHIEVE success. It combines an effective High Intensity Interval training program with small group training. This boot camp will have modification if you are not able to do everything! Do not be scared because of High Intensity, you can do it no matter your fitness level!

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 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.

Step it up – Cindy Kaczmarczyk

A variety of consistent body/muscle mass movements that incorporates a bench apparatus and the floor, to achieve a cardio/fat burning workout. This class is held in the gym to allow for a more free range of movement. 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.

Tone – Cindy Kaczmarczyk

A variety of repeating activity that tone 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 increase with easy-to-follow exercises, followed by a recovery period where your heart will drop back down.

Deep Water Aerobics – Norma Warren

This class will take place in the deep end (6ft) of our pool. Aqua belts are used to help you float while performing a variety of cardio and resistance training moves.

Warm Water Aerobics – Isabel Gomez

This class, like water aerobics, uses the natural resistance and buoyancy of water against your body to provide a full body workout. This class is done in the therapy pool, which helps keeps your joints warm and eases the pain of common conditions such as arthritis.

Water Aerobics – Jim Borer, Isabel Gomez, 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.

Beginner

Intermediate

Advanced

MODIFICATIONS ARE GIVEN FOR ALL FITNESS LEVELS IN EVERY CLASS!

*For a list of up-to-date days and times of classes, please pick up our current class schedule!