



## Class Descriptions

**Cycle/Spin** Mon/Wed/Fri: 5:45am – Kathy Vrana      Tues/Thurs: 5:45am – Lisa Cowen  
Tues/Thurs: 10:15am – Melanie McGregor      Thurs: 5:15pm – Lisa Cowen  
Sat: 8:15am – 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.

**“CORE”nerstone Pilates** Wednesdays 8:15-9:00am (Starting May 3rd) – Kelly Kobelak  
Stott trained instructor, ACE Certified Personal Trainer

Introducing a 7 week Stott based mat class. This class includes foundation building principles that work to improve movement qualities in a safe and effective manner. Focus is on core stability, pelvic and shoulder girdle stabilization, neutral alignment, and breathing to develop strength, functional flexibility, coordination and muscular balance.

This is a progressive class so each week will build upon what was learned the prior week. Attendance is key for success.

ENGAGE YOUR MIND and CHANGE YOUR BODY!

**Kick 'N Fit** Mon/Wed: 5:30pm – Lisa Lennen

Kick N Fit is an intense, fast-paced, total body workout. It combines cardio kick-boxing and weight resistance to fully engage the core and booty for toning, strength and endurance.

**Pilates-Style** Mon/Wed/Fri: 5:00am – Amy Hinkley

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

**HIITone** Tues/Thurs: 8:20 a.m – Kayla Williamson

HIITone is high intensity training designed to get your heart rate up and hit every major muscle group. This high energy workout combines total body sculpting moves with cardio to promote a high calorie burn, increase your metabolism, and tone your entire body.

**Strength & Cardio Conditioning** Mon/Wed: 4:15pm – Shawn Snyder

A hybrid interval class involving resistance training, core training, and cardiovascular training.

**Slow Flow Yoga** Mon/Wed: 4:00pm – Jessica Durham

Strengthening and deep stretching the body while moving to a slower rhythm of movement. A smooth movement (flow) of poses that run together and become like a dance. Let the slow flow of movement and stillness nourish your body and soul. Come find some peace.

**Step it up Mon/Wed/Fri: 8:15am – 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 Mon/Wed/Fri: 9:00am – 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 Tues/Thurs: 8:00am – 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 Mon/Wed/Fri: noon – Britney Mendez**

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 keep your joints warm and eases the pain of common conditions such as arthritis.

**Water Aerobics Mon/Wed: 8:00am – Jim Borer**

**Mon/Wed/Fri: 10:00am – Stephanie Kersten**

**Tues/Thurs: 9:45am – Rachel Barry**

**Thurs: 5:30pm – 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.

**Vinyasa Yoga Thurs: 6:10pm; Sat: 10:15am – 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.

**Beginner**

**Intermediate**

**Advanced**

**MODIFICATIONS ARE GIVEN FOR ALL FITNESS LEVELS IN EVERY CLASS!**