

Class descriptions

(N) Novice (I) Intermediate (A) Advance

Aqua Aerobics (N/I/A): Jump in the water for a fun and vigorous aerobic workout. Swimming skills are not required. (45)

Bodies in Training (N/I/A): A full body workout design to strengthen and increase muscular endurance. (45)

Ball Dynamix (N/I/A): A quick and effective body conditioning class using the stability ball and super set training method. (30)

Caliente! (N/I/A): A party attitude class that has it all from rhythm elements of Latin, funk/hip-hop, and all that jazz to cardio kick-box. It is hot! (45)

Flex-appeal (N/I/A): A simply stretch class combined with core exercises. (45)

GolfYoga (N/I/A): This specialty class will increase your flexibility, concentration and strength to improve your golf game. (60)

Harmony (*N/I/A): Pilates and Yoga blend together in a unique synchronized way. (50)

Living Yoga (N/I/A): “*Yoga for everybody*” – experience all of yoga’s well-known benefits; balance, flexibility and strength using Hatha & Vinyasa style combination in a classic contemporary way. (60)

Pilates Essentials (*N/I/A): Combining classical and contemporary approach this class will enhance body flexibility, strength and poise with the assistance of small apparatus. (50)

**Note: Only beginners without physical limitations can join this class.*

Relaxation (N/I/A): Let your mind travel on a journey, while your body enters a state of true relaxation with guided imagery. (20)

Shape Up! Arms & Core (N/I/A): A dynamic workout designed to increase muscular strength & endurance of the upper body plus core work. (45)

Simply Stretch (N/I/A): Increase flexibility & balance. Relax as you stretch from head to toe. (45)

SpinCore (N/I/A): 15 minutes of core work followed by 45 minutes of indoor cycling.

SpinZen (N/I/A): 40 minutes of indoor cycling followed by 15 minutes of classic contemporary Yoga to stretch the tired limbs. (55)

Spin Ride (N/I/A): 45 minutes of indoor cycling.

Step Kick & Jam (N/I/A): A Step class that combines dance and cardio kickboxing routines. (45)

Tee Time Stretch (N/I/A): This “sport approach” class, combines dynamic flexibility, static stretches and golf specific drills movements, to assist develop a full fluid golf swing, reduce the chance of injury and even lower a golfer’s handicap. (45)

Target Zone Glutes & Thighs (N/I/A): 30 minutes of challenging leg and bottom exercises.

Trekking & Abs(N/I/A): A 30 minute cardio-treadmill workout followed by 15 minutes of Core work.

Yoga (N/I/A): Balance your body, mind and spirit by joining this Hatha Yoga class. Emphasis is placed on breathing and posture. (60)

Bliss Yoga (N/I/A): Learn to find the connection of your body and soul with this unique Hatha & Vinyasa Yoga combination. This class, which means, “Align with the divine” will allow you to open another dimension in your life. (90)

Note: Spin classes -- arrive 10 minutes early for pre-class instructions. For safety reasons, no admittance to classes will be allowed after the class has begun.