





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

## Group Fitness Schedule

**Kids Corner Hours:** Monday-Friday: 8:45am-12:00pm Monday-Friday: 4:30-8pm  
**Saturday-Sunday:** 8:30-12pm **Activity Center Hours:** Monday-Friday 4:30-8pm

### \*Classes that use weights.

**CARDIO ATHLETIC CLASSES:** Limited choreography, easy to follow classes that range from int. to adv. intensity.

**\*Boot Camp:** For those looking for a challenging workout. You can expect running, plyometrics, cardio and strength drills, obstacle courses etc. Any level, can be modified.

**Group Cycling:** A variation of rides including hills, climbs, speed-play, and jumps set to music to increase your cardio output. Some classes may resemble road rides and use virtual guided scenery.

**\*Cycle/Sculpt:** A mixed format that includes cycle elements along with intervals of strength training.

**Kick Boxing:** High intensity cardio class using boxing technique to make it fun and challenging. Int/Adv. Can be modified.

**Barre:** A ballet inspired class that does include more fitness-type exercises. This class focuses on strength and endurance as well as balance and flexibility. This class would be appropriate for intermediate to advanced participants.

**\*Cardio Mix:** This class is a mixed format. It incorporates HIIT, Kickboxing, step, strength and more.

**\*STRENGTH TRAINING CLASSES:** Easy to follow classes that follow traditional strength training principles for all fitness levels.

**Strength Train Together™:** This MOSSA™ barbell class, will sculpt, tone and strengthen your entire body, FAST! A great workout for all levels. This class includes functional movements that help keep you strong and healthy for daily life.

**Low Impact Cardio/Strength:** A class that includes cardio, strength, balance and stretching designed for people who are looking for a complete, safe workout that can be modified to provide a great workout for individuals with limitations as well as to fit active adults. And its lots of fun!!!

**Pumped Up:** This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.

**HardCore:** A core focused workout for 30 minutes, working all angles of the core- flexibility, mobility, strengthening, and conditioning.

**Butts and Guts:** Focused on movements for the core. Learn new moves and do some of the old favorites!

### CHOREOGRAPHED CARDIO CLASSES:

**\*Step & Sculpt:** This is a step aerobics class with some choreography that also includes core work, strength training and stretching. Any level. **\*Regular Step class does not include weights**

**Zumba:** This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. **\*Zumba Toning-** incorporates your favorite moves and adds light weights.

**WERQ:** This is a fun class that uses Hip Hop and Top 40 hits to motivate you to dance your way to fitness. A fusion of exercise and hip hop dance. Any level.

**STRONG Nation :** Combines body weight, muscle conditioning, and plyometric movements to increase your fitness level.

Movements are set to music and are at various levels of intensity, kickboxing and MMA elements are throughout the workout.

### MIND BODY FITNESS CLASSES:

**Hatha Yoga:** Yoga has physical, psychological and spiritual benefits. While working on challenging postures, breathing exercises and meditation you will improve your strength and flexibility, mental clarity and general wellbeing while controlling stress.

**Pilates:** A multi-level fitness routine that will increase and create balance between strength and flexibility. You can expect longer and leaner muscles, stress relief, improved posture, coordination, balance, flexibility and increased core strength. Pilates is not recommended for those with osteoporosis.

**Pilates Fusion:** A blend of Pilates, Barre, and Flowing Functional movements

**Gentle Vinyasa Yoga:** Keeping the principles of a Vinyasa, the gentle flow of the movements will give the same benefits without the continuous movement.

**Vinyasa Yoga:** A powerful vinyasa flow class designed to strengthen the entire body, enhance toning, increase flexibility and promote circulation. Intense enough for advanced students and a variety of modifications offered to welcome new students looking for a challenge.

**Circl Mobility:** This class uses a mix of flowing movements, static stretches and balance to improve and stimulate recovery. Great for those wanting needing an alternative to high impact or those needed to add flexibility training.

**Enouia Essence:** A style of meditation that taps into the mind to focus on internal balance, mindfulness, concentration, and breathing patterns to improve your overall self-awareness.

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