

Step Aerobics: The “**Step**” is a 4-inch to 12-inch raised platform. You step up, around and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. This is a classic workout that is sure to bring the sweat!

Cardio Core: Cardio in the form of 30 minutes of HIIT/Tabata style paired with core work using bands, balls, Pilate rings to get a full body workout.

Full Body Strength: A strength training class for the total body toning that may include weights, steps, bands, medicine balls and complex integrated exercises such as push-ups, squats and lunges.

Barre: A muscular endurance workout rooted in functional moves to improve overall body composition as well as balance and posture. This workout is a perfect low impact addition to any fitness regimen. It may be low impact but it is not low intensity. Sweat, shake and burn your way to a stronger body.

PWR4 Life!: Both Advanced and Beginner classes require an assessment with the instructor before attending.*** Class is recommended for those with any neurological diagnosis such as Parkinson’s, Multiple Sclerosis as well as those post stroke or TBI recovery and rehab.

Silver Sneakers – Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Yoga: Specifically designed for anyone who is pregnant, beginner, or senior participant. Although chairs are provided for added balance and support, all aspects of a yoga class will be incorporated. You will need to bring your own mat!

Cardio Dance: Combine two of the most powerful mood boosters out there with music and movement to bring a fun filled and fast paced class. Challenge your entire body aerobic based dance moves choreographed to music. The goal is to focus on having fun and the rest will follow. Appropriate for all levels.

Spin & Strength: Low impact cardio on the bike with the potential for sustained efforts as well as bursts of intense effort. Class includes strength work on the floor for a powerful combination of cardiovascular work as well as muscular strength and endurance.

Senior Strength: A strength training class for the total body with our active agers in mind. This class could utilize light weights, bands and stability balls. We will be building muscle and gaining strength to support the activities you enjoy! This class is appropriate for all active ager as modifications will be provided for all participants.

Bend • Breathe • Balance: Designed to empower all ages to live freely. There is a heavy focus on balance and moves that empower individuals to feel confident in daily activities. There will be options for movement down to & from the floor. The goal is to increase overall strength & stability.

REFIT: Designed to fit everyone, the novice and expert in mind. The “movement+music method allows participants to feel successful the first time they walk through the doors. You’ll have so much fun; you’ll completely forget that you are working out!