

CLASS DESCRIPTIONS

NEW! **STUDIO** *Access with Studio Small-Group Service

FUNCTIONAL STRENGTH Based on the 7 functional movements of everyday life, jump into a routine that has functionality and YOU in mind. Building strength, endurance and mobility before your day takes over!

WOMEN'S POWER HOUR Four Powerful Women. Four Power Racks. One Powerful Hour. A women's only class focused on compound movements, full body workouts and weekly progressions. We put the "strong" in "strong and independent"

KINESIS machines allow you to train any movement following the body's natural trajectories, our dedicated Kinesis class is geared towards building functional strength through three-dimensional movements, activating entire kinetic chains, to build a better, stronger you.

TRX SUSPENSION TRAINING Built by the U.S military for intelligent and convenient training, the TRX has an almost unlimited potential for functional strength training, increasing balance AND mobility, so we've built a class around it!

EXPRESS 30 minutes - focused version of your favorite workout. These are designed to maximize results in a shorter time. Get in, stay focused, and get out stronger.

CLUB *Complimentary with all memberships

55+ Instruction led by a certified Personal Trainer. A Full body fitness class for ages 55 and up only.

BODY PUMP This class is the original barbell class and is ideal for anyone looking to get lean, toned, and fit. Using light to moderate weights with lots of repetition. The combination of scientifically backed moves, motivating instructors and great music helps you achieve much more than you would on your own.

SENIOR FITNESS Join our many active and fit senior members for fun and variety, helping you stay happy and healthy

SILVER SNEAKERS CLASSIC Increase muscle strength and range of movement and improve activities for daily living. You'll have a chair for seating exercises and standing support. Your instructor can modify the exercises for your fitness level.

SPIN High-intensity indoor cycling workout done on a stationary bike with a heavy flywheel attached to its pedals. It is also known as indoor cycling or studio cycling. The workout is instructor-led and involves pedaling at various levels of speed and resistance, using different positions on the bike to target different muscles.

YOGA Enjoy the benefits of spending one hour truly centered and in the moment. Practice physical postures that reduce stress, increase flexibility, and improve balance.

CHAIR YOGA Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.

ZUMBA Dance your way to fitness with this high energy class, a motivation instructor and great music.

AQUA *Complimentary with all memberships

WATER FITNESS Using the water's resistance, an environment is created to improve cardiovascular conditioning, strength & endurance, as well as flexibility & balance. It provides a lower-impact alternative to land-based exercise. Exercises are performed primarily in a vertical position in a chest-to-navel water depth and are "non-swimmer" friendly.

HYDRO-POWER is a higher intensity total body water workout. Experience cardio, core muscle strengthening, balance and stretching in under one hour!

FACILITY HOURS

Monday-Friday: 5AM to 10PM
Saturday/Sunday: 6AM to 6PM

BABY-SITTING HOURS

Monday-Friday: 8:30AM – 1PM, 3:45PM – 8PM
Saturday: 7:45AM to 12PM
Sunday: Closed