

CLASS DESCRIPTIONS

Classes are \$3 each or \$20 a month

Abs A class focused on core strength and trimming that mid section. [GROUP FITNESS ROOM](#)

Aqua Stand Up Is a 30 minute training program inspired by the stand up paddle board mixed with different fitness techniques like HIIT, Pilates, Yoga, with the instability of the paddle board to make it a little more difficult. There is a \$5 charge for this class and it does require you to reserve your spot at the front desk. [POOL](#)

DB Strength Training A 30 minute class that focuses on strength training with dumbbells and other weights. [GROUP FITNESS ROOM](#)

Fit & Strong Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support. January will focus on improving your balance for daily activities! Everyone is welcomed to participate, as this is not limited to Silver Sneakers members.

[GROUP FITNESS ROOM](#)

HIIT This interval training class will get that heart rate to that fat burning zone. This class is 30 minutes and varies between moderate to high intensities, while using equipment like TRX, balls, ropes, weights, ViPRs, steps, and more. [GROUP FITNESS ROOM](#)

Pilates Increase fitness with a body conditioning class that builds flexibility, balance, and strength targeting the body's core. [GROUP FITNESS ROOM](#)

Functional Fitness This full body workout will combine body weight exercises with a variety of equipment (DBs, kettlebells, stability balls, bands) in order to improve overall muscle tone, endurance, and flexibility. All levels are welcome. [GROUP FITNESS ROOM](#)

Water Fitness This 45 minute class will focus on heart rate to help improve your cardiovascular fitness for daily activities! [POOL](#)

Yoga Build fitness with a focus on the mind-body connection. This class brings awareness to proper breathing and stretching throughout each movement. [GROUP FITNESS ROOM](#)

CrossFit Membership is \$75 a month

CrossFit® A constantly varied strength and conditioning program where you perform functional movements at “your” high intensity. Classes typically last 60 mins, but the workout duration is about 12 minutes on the average. Class times are on a separate schedule. [CrossFit Room](#)

Remember, levels are based on intensity. YOUR, intensity. Move at your speed.