

Class Name	Instructors	Description of class
20/20/20	Cleet / Pat	This class consists of 20 minutes of low impact cardio, 20 minutes of resistance training, and 20 minutes of stretch.
Ballet Barre	Cathy	Utilizing a ballet barre to perform exercises to improve muscle tone, strength, & flexibility.
Beginner Spin	Pam	Learn bike set up & safety protocols along with basic positions & pedal strokes on an indoor stationary bike plus enjoy a great ride. Class length approx. 45 minutes.
Beginner Step	Cleet	BEGINNER CLASS: Learn the basic step moves paired with basic strength conditioning using a variety of tools to get a full body workout. Designed for all levels.
Body Balance	Pat	No weights necessary in this class!! Using yoga stretches & balance moves for strength & stretch along with body weight moves (planks, push-ups, squats, etc.) to build functional strength.
Butts & Gutts	Cleet	Class designed to target your core to increase strength and balance using a variety of moves on and off the mat and fitness tools.
Cardio Mash-up	Pat	Start your morning off with some heart pumping cardio mashed up with toning and cool down to feel strong, stretched, and centered. Designed for all fitness levels.
Chair Tai-Chi	Drew	The class emphasizes the aspects of the soft Chinese art which helps to improve skeletal strength, flexibility, balance, & blood circulation.
Chair Yoga	Rhonda	For EVERY body type, very adaptable. A chair, block, & strap will be incorporated to hold poses, gentle stretches, & give you a workout that works the core, mind/body connection, & breathing.
Circuit Training	Jane	Body conditioning that involves endurance and resistance training, varying intensity aerobics, and exercises performed in a circuit format.
Fit N Fabulous	Cathy	Chair & standing exercises designed to increase strength, flexibility, and functional fitness. Plus low impact aerobics to increase mobility. This class will have you feeling Fit N Fabulous.
Fusion	Pat	Stability ball, Pilates, and Yoga collide for a full body, core strengthening and conditioning workout.
Line Dancing	Lauri	A cardio class using choreographed dancing without partners set to various music genres.
Mobilinics	Glenn	Increase range of motion & flexibility for improved joint health, greater stability, & better conditioning.
Pilates	Pat / Cathy	Exercises based upon the principles of Joseph Pilates designed to strengthen the core.
Restorative Gentle Yoga	Rhonda	Relaxing & restorative for the whole body, mind, & spirit. Great for all ages, genders, & those recovering from injuries or illness. No Yoga experience necessary. MUST SIGN UP AT THE FRONT DESK.
Senior Fit	Jane / Cathy / Cleet	Chair & standing exercises to increase strength, endurance, flexibility, balance & agility while getting a cardio workout & having fun. Pure low impact aerobics.
Spin Cycle	Jane / Lauri / Sheri / Pam	Indoor cycling on a stationary bike to increase cardiovascular ability & strength. Low impact, but very high intensity. Interval based, cardio ride that includes standing & seated climbs, sprints, jumps, & flat runs. MUST SIGN UP AT THE FRONT DESK.
Step & Sculpt	Cleet	Cardio with weights, using the step for cardio & as a prop. Lots of sweating & strength training.
Strength & Stretch	Jane / Cleet	45 minutes of free weights, resistance bands, & body weight exercises followed by 15 minutes of stretching. Leave feeling strong, stretched, & centered.
Stretch	Sandi	A Yoga based total body stretch incorporating Yoga straps & blocks. It is relaxing & re-energizing!
Super Saturday!!	Jane / Cleet / Lauri	Intermediate level class that incorporates cardio intervals & strength training using various fitness tools.
Tabata	Cleet	High intensity interval training. Each Tabata consists of 8 rounds (20 seconds work/10 seconds rest).
X - Strength	Cleet / Pat / Jane	If it doesn't challenge you, it doesn't change you! Be prepared to work hard with barbells, dumbbells, bands, & your own body weight.
Yin Yang Yoga	Rhonda	The class is a 50/50 split of active strength building flow & myofascial stretches for flexibility, ROM (range of motion), and balance. Leaves you strong, stretched, & centered.
Yoga	Sandi	A series of yoga postures, breath control techniques & mental focus.
Zumba	Michelle / Sly / Lauri	Latin inspired dance fitness program that blends international music & steps to form a "fitness party". **Our instructors are Zumba certified and ready to get the party started. Join us today.