

Class Name	Instructors	Description of class
20/20/20	Cleet	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.
Barbell Blitz	Cleet / Jane	An energizing, dynamic class using a barbell with interchangeable weights for a full body workout to unleash power, strength, and cardio fitness.
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	Cathy	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.
Line Dancing	Lauri	A cardio class using choreographed dancing without partners set to various music genres.
Mobilinics	Glenn B.	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.
Senior Fit	Cleet / Glenn K / Barbara / Jane	Chair & standing exercises to increase strength, endurance, flexibility, balance & agility while getting a cardio workout & having fun. Pure low impact aerobics. Perfect for all fitness levels.
Spin Cycle	Jane / Lauri / Sheri / Pam / Tony	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 into Strength	Cleet	Combines step aerobics with strength training exercises to build both cardiovascular fitness and muscular strength in a fun and challenging way. All fitness levels welcome.
Strength & Stretch	Jane / Cleet	30 minutes of free weights, resistance bands, & body weight exercises followed by 30 minutes of stretching. Leave feeling strong, stretched, & centered.
Super Saturday!!	Jane / Cleet / Lauri / Barbara	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).
Tai Chi Chuan	Drew	An introductory, standing Tai Chi class for new & old students of the ancient Chinese soft martial art. Designed to build skeletal strength, improve flexibility, balance, and circulation of the energy in the body.
The Tone Zone	Glenn K.	A dynamic total body fusion class designed to build and tone your bodies musculature. Simultaneously enhancing balance, coordination while improving quickness, agility, endurance, and flexibility.
X - Strength	Cleet / Jane / Barbara	If it doesn't challenge you, it doesn't change you! Be prepared to work hard with barbells, dumbbells, bands, & your own body weight.
Yoga	Sandi	A series of yoga postures, breath control techniques & mental focus.
Yoga Stretch	Rhonda	A Yoga based total body stretch incorporating Yoga straps & blocks. It is relaxing & soothing to the soul.
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.