AB Attack: Don’t let the name scare you! AB ATTACK is a great way to strengthen, tone and define your core – the areas we all need to improve!

FYF-Balance, Strength, Stretch: Learn how to strengthen your body and reduce the risk of falling by improving your ability to control and maintain your body’s position whether you are moving or still – this class counteracts the effects of aging by enhancing your balance, sharpening your reflexes and building lean muscle mass.

FYF-Beginner Yoga: New to Yoga? Have limitations? This class utilizes modifications to accommodate all levels. Increase strength, balance, and flexibility through standing, seated and balancing postures. Chairs, and props will be used for yoga poses. Each class will end with relaxation.

Barre Fusion: A low impact class blending cardio/floor (weights are optional) and Barre work ending with core and stretching. The perfect combination of strength and flexibility with an added cardiovascular element.

Boot Camp: Do you want a sculpted lean, athletic-looking body – and be the best shape in your life? Do you want to get fitter, leaner, and stronger? Prepare to chisel and sizzle: Your about to turn up the heat in this Boot Camp Workout. Modifications are always offered.

Butt & Guts: An interval workout consisting of exercises designed to target and tone your lower body and core. Hips, thighs, glutes, core and sculpting moves combined with bursts of cardio that will get your heart pumping.

Cardio Dance: This high-energy easy to follow cardio workout is perfect for all fitness levels and is sure to have you dancing to your favorite hits from the 80’s, 90’s, Bollywood and today!

Cardio Training: Using cardio segments, this class focuses on compound exercises, functional training and intensity intervals to help you reach your fitness goals.

Cardio Kickboxing: An intense non-contact cardiovascular workout. This class integrates kicks, punches and blocks into high energy athletic combinations.

Core Fit: Learn how to strengthen your ‘powerhouse”-legs, abdominals, arms, hips, and back. Improve balance, posture and flexibility. Class includes use of straps, foam rollers and pilates rings.

FYF-Fit-4-Ever: All the basics of lifting weights, cardio, flexibility and core for older adults. No high intensity in this class! Class uses tubes, hand weights, body bars and more! Classes are designed to increase flexibility, joint stability, balance, coordination, agility and strength.

FYF-Functional Fitness: Train and develop your muscles to make it easier to perform everyday activities you might do at home or work. This low impact joint friendly class will help build muscle mass, and increase flexibility.
Gentle Yoga: a practice for all levels that helps to promote balance, strength, and relaxation, through mind/body connection. A series of poses helping to loosen joints and get the blood flowing. There will always be modifications, breathing & relaxation techniques for all levels.

Good Morning Yoga: Start your day with a flowing series of Sun Salutation poses to boost your metabolism, build strength and flexibility! Class ends with a peaceful meditation. Great for all levels!

Group Cycle: Each cycle class offers its own unique version of riding. Motivating instructors and up beat music will keep you energized as you sweat through hills climbs, sprints, flat terrains, and aerobic intervals. First time riders please arrive early to learn proper settings for the bike.

Hatha Yoga: Learn the flow of yoga to experience better flexibility and strength. Relieve stress and calm the mind with deep-breathing and relaxation techniques.

Insanity®: This workout provides bursts of high intensity interval training with shorts rests. This workout is entirely based on body weight, there is no equipment. Work at your own pace, there are modifications for each exercise. All fitness levels welcome.

Lunch Time Circuit: Be productive on your lunch break – break up your day with an energetic quick half hour circuit based total body workout!

Lift & Tone: Improve strength & build lean muscle mass to define every major muscle group while utilizing a variety of equipment.

Mat Pilates: Increase flexibility as you flow through a series of dynamic movements for your core and lower back. Mat Pilates lengthens and strengthens for a strong, lean physique.

P90X®: This motivating total body strength and conditioning class is designed to burn calories and build muscle using light to moderate weights! Exercises are modified based on fitness level!

FYF-Senior Fitness: Focus is on flexibility, strength, balance, range of motion, cognitive stimulation, coordination and aerobics. Class will consist of 30m in fitness studio, 20m fitness floor, ending with 10 minutes of stretching. Instructor will modify exercises for your fitness level.

Step Interval: This class alternates between step cardio and resistance training for a total body workout.

Spin Boot Camp: Drills, intervals, climbs, sprints on the bike, then hit the floor to pump it up! Torch fat and gain lean muscle with quick transitions from the bike to the floor targeting each muscle group effectively!

Stretching for Injury Prevention: Are you tired of sore muscles, do you know how to stretch properly? A tiny change in the way you stretch can make a huge difference. Learn how to stretch and increase your flexibility to help prevent stiff, tight muscles.

Stretch, Relax, Breathe: Have you been feeling tight, stiff, stressed, or anxious? This class is for you! Focus is on key areas to release tension, as you stretch all muscle groups. During the last segment you are guided into relaxation and positive thoughts with breath and body awareness exercises.

Strong for Life: A barbell workout that incorporates strength training, plyometrics, interval sets and functional training. Learn how to be efficient and effective. This class is designed to target all major muscle groups. Motivating exercises, and great music to create a group fitness atmosphere
Tabata Xpress: 30 minutes of heart pumping, body sculpting interval training guaranteed to help boost your metabolism and get you results FAST.

TRX Circuit: In this multi-station cardio/strength class you will complete 3 rounds of 3 exercises (45 seconds) with a 10 second rest in between. There is a 1 minute break between stations. This class uses a variety of equipment, TRX, Battle ropes and more.

TRX Stretch & Strengthen: Strengthen the body and then stretch into a relaxing session. Get stronger with 20 minutes of full body moves using the TRX then stretch those hard working muscles. This combo workout is suitable for all fitness levels.

TRX Total Body Blast: An interval/circuit training class including TRX and other equipment to get a full body challenge as well as a great cardio workout! Timed intervals at each station will challenge the core and increase upper and lower body strength. Cardiovascular endurance is enhanced with TRX HIIT-high intensity training with bursts of cardio segments.

Triple Threat: This class offers different types of high intensity cardio, strength training and core based formats that change every week.

FYF-Tai Chi: a peaceful Chinese form of exercise that can be practiced by any age. Improve circulation, balance and posture, increase strength, flexibility and reduce stress. Tai Chi restores calmness and peace of mind.

Total Body Blast: This class combines the best of interval and circuit training. Timed intervals at each station challenges the core and increases upper and lower body strength. Bosu, bands, battle ropes, and more will add an additional challenge. Cardiovascular endurance is enhanced using H.I.I.T. (high intensity) training with short bursts of cardio segments.

Total Body Conditioning: A total body workout! This class offers a variety of cardio & strength incorporating circuits, drills, and intervals using a variety of equipment. “Workouts change as the instructor leads you through a different format of exercise each week.”

W.O.W. (Women on Weights): Calling all ladies! This class will introduce weight lifting techniques using weights, kettlebells, bands and other equipment to strengthen and tone, as well as cardio circuits to get your heart rate up calories. This class is suitable for all fitness levels.

Xpress Strong for Life: a 45 minute version of Strong for Life.

Xpress Boot Camp: Burn, sweat, and strengthen in this 40 minute class. Combining calorie burning cardio drills with muscle confusion exercises will motivate you to work harder. It may be 30 minutes but don’t be mistaken, this class will leave you in a puddle of sweat!

Yogalates: Pilates and Yoga sequences that can burn serious calories at the same time they lengthen, tone your muscles and increase flexibility.

Yoga Stretch: A deep release and restorative approach to the yoga practice. This practice offers long, meditative holds to open, strengthen and heal the deep connective tissues of the body. Release stress and tension throughout the body.

Zumba®: Ditch the workout and join the original dance-fitness party! This fun easy-to-follow cardio dance class combines high energy and motivating Latin music. Before you know it, you’ll be getting fit and your energy levels will be soaring.

AQUA CLASSES AND DESCRIPTIONS OTHER SIDE
**Aqua Arthritis:** This program is geared for individuals with mobility challenges such as arthritis, joint injuries, or past surgeries. Class will consist of low intensity exercises emphasizing range of motion in the warm water pool.

**Aqua Blast:** Tone and sculpt your body with no impact on your joints. This deep water class is a blend of cardio and resistance training. Water weights, noodles, and flotation belts are provided.

**Aqua Boot Camp:** A Boot Camp style interval workout that will get your heart pumping and leave your muscles aching for more! A high intensity class utilizing water resistance, using equipment and powerful movements for a great cardio workout!

**Aqua Fusion:** A lighter approach to cardio conditioning, muscular strength and endurance using the buoyance and resistance of the water giving you a safe, effective workout!

**Aqua Interval:** This circuit type of water workout combines intervals of cardio and strength with a focus on heart rate and endurance. Sometimes just shallow water, sometimes just deep, or sometimes a combination. Great for all fitness levels! A flotation belt is provided.

**Aqua Tai Chi:** Enjoy the warm water in this flowing yet powerful progression and relaxing class. The water provides gentle resistance to movement which eases strain on tender joints and gently develops muscle strength to help improper posture and balance.

**Aqua Zumba™:** This low impact high energy Zumba aquatic exercise class has less impact on your joints so you can really let loose and have fun!

**Deep Water Conditioning:** Suspended by a flotation belt, perfect your core strength and posture in this fun and challenging class! Use pool noodles and water weights to strengthen your muscles while you walk, jog, or jump your way to a healthier you.

**Hydro Running:** is a form of running in deep water wearing a flotation belt (provided), and no swimming skills are necessary. This is a high intensity water running class that provides a total body workout with no impact on your joints.

**Warm Water Interval:** This circuit type of warm water workout combines intervals of cardio and strength with a focus on heart rate and endurance.