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 strength workout that enhances your muscle tone, posture, flexibility and confidence in a class that blends ballet, dance, functional strength and mind-body inspired movement. These exercises are performed with precision and concentration for ultimate results, each of the movements can be modified to match your unique skill and strength levels.

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.

Easy Tai Chi: This easy-to-follow class is great for beginners. Focus is on simple movements that improve balance, posture and flexibility. Standing and seated exercises will be incorporated into this workout.

Fitness on the floor: This training class is designed for all fitness levels who are looking to strengthen and jump start their metabolism. The instructor will introduce effective functional ways to use the fitness equipment and the turf on the fitness floor.

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: Controlled movements to strengthen and stretch your muscles through a series of poses called asanas. Relieve stress and calm the mind by learning deep-breathing exercises and relaxation techniques.
**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 Live®**: This body weight workout provides bursts of high intensity interval training with short rests. Unlike the home version, this workout covers all of the muscle groups for a total body workout! All fitness levels welcome, modifications are provided for each exercise.

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

**P90X Live®**: A full-body, strength-training and cardio format featuring four blocks of work: cardio, lower strength, upper strength, and core. Exercises are modified based on fitness level!

**Saturday Cycle**: Endurance and strength rides combine for a vigorous workout while burning calories in this 55 minute class! Whether you are training for a triathlon or riding for cardiovascular health, this class is sure to get you there!

**FYF-Senior Fitness**: Focus on flexibility, strength, balance, range of motion, cognitive stimulation, coordination and cardio. Class consists of 30 minutes in fitness studio, 20 minutes on the fitness floor, ending with 10 minutes of stretching. Exercises can be modified for all fitness levels.

**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!

**Strong by Zumba®**: A high intensity interval training boot camp class that combines cardio, plyometric training, and bodyweight exercises to improve strength and conditioning. This class will push your plateaus to help reach your fitness goals.

**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.

**Transform Live®**: A 30 minute high-intensity cardiovascular conditioning class that uses a step for an effective, efficient workout- the level of intensity is up to each individual.

**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.”

**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!

**Yoga:** Participants will be introduced to formats that will challenge you and allow you to grow with each class. You will experience a surprising amount of variety with attention to the needs of each individual’s modification. Yoga blocks, straps and other equipment will be used.

**Yogalates:** The perfect combination of mat pilates and yoga, strengthen, lengthen, and stretch the body in this class. A fun class that inspires mind-body connection. Great for all levels

**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 – highlighted in yellow - warm water pool**

**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 Therapy:** Recovering from injury or living with chronic medical conditions? Warm water eliminates pounding on joints, strengthens areas of weakness and increases mobility.