Make sure to bring layers to classes, particularly the relaxation classes; a robe, a long sleeve shirt, socks, etc.

Advanced HIIT Boxing:
High energy rounds of boxing with cardio. (CV,S,E)
45 minutes, A *intensity*

Barre: Fun and unique full-body workout to strengthen and lengthen legs, arms, and core muscles, standing at the barre using balance. (E,S,F)
45 minutes, B/ *I / A intensity*

Boot Camp: Fun, high energy intervals of your favorite boot camp exercises. (CV,S,E)
45 minutes, A *intensity*

Funky Flow Floor Yoga: Fun flow of Yoga moves seated on the floor. All can benefit. (CV,F,R)
50 minutes *B* / I/A intensity

Pilates Mat Class:
Based on J. Pilates, to develop core strength and flexibility.**(E,F,R)**
45 minutes, *I / A* intensity

Relaxing Evening Yoga: A slow, contemplative practice in which the poses alternate between being held for a few breaths, while some of the movements are a gentle flow. All can benefit. (F,R)
50 minutes *B* / I/ intensity

Seated Cycle, Core & More:
Early arrival is advised for bike and prop set-up. Intermittently on and off the cycling bike using light weights and body weight. Focus on balance, core stability and strength thru movements in all planes, while keeping cadence (CV,E,R,S)
50-minutes, I / A *intensity*

Standing Core: A mind/body class integrating Pilates and core with a bar for balance, with emphasis on alignment and breathing. (E,F,R.S)
45 minutes, I / A intensity

Stretch and Relax: At the end of a morning of working out don't miss this vital element. Use various stretching techniques to improve joint and muscle range of motion. (F,R)
50 minutes, *B / I intensity*

Stretch (LEGS UP THE WALL):
No admittance after 16 participants
Due to limited space
Legs up the Wall is restorative relaxation as inversion. It allows the mind and body to relax, relieving stress and tension. Inversions can have many benefits including increasing circulation, improving digestion, improving sleep, and helping blood flow away from the lower limbs to help relieve swollen ankles and tired, achy feet.
50 minutes, *B / I intensity*

Total Body Conditioning: A muscular toning class utilizing tubing and weights, the bar and floor work to strengthen the muscles of the entire body. (E,S)
45 minutes, *I / A intensity*

Yoga: Learn techniques for gentle Yoga and breathing exercises for relaxation and meditation. This enhances creativity, tranquility and energizes the body. (E,F,R)
60 minutes *B* / I/ A intensity

ZUMBA Dance Class to tone and condition your body with a high energy, Latin-based, low-impact workout. (CV,F)
50 minutes, B / I / A intensity

Water Classes

Aqua Pilates/Ai Chi: Pilates for core, balance and alignment. Ai Chi for flexibility and strength. (E,F,S) Tuesday 11:00 a.m.
50 minutes, B / I / A intensity

Aqua ZUMBA: Aqua Zumba is a safe, challenging, fun, high energy, low-impact workout. (CV,F)
50 minutes, B / I / A intensity

Water Blast: A combination of aerobic and workout in the water using the Water equipment and the body at various speeds to create challenging resistance. (E,S)
55 minutes, *B / I intensity*

Water Blast/Aqua Yoga: A combination of Water Blast and Yoga in the water. A nice blend of workout and a graceful, flowing practice melding Yoga, stretch and other modalities. Perfect for those who want to reap the benefits of Yoga but may find land Yoga difficult. (E,S)
55 minutes, *B / I intensity*

CLASS INTENSITY:

B	Beginner
I	Intermediate
A	Advanced

COMPONENTS OF FITNESS

CV	Cardiovascular/Aerobic
E	Muscular endurance
F	Flexibility
R	Relaxation
S	Muscular strength

November 2026