

Active Yoga-Slower paced style of **yoga** which includes passive poses (relaxing body & muscles) combined with holding poses, focusing on breathing & being present. Great counter balance to regular **yoga**. **AL***

Boot Camp-Strength, cardio, muscle endurance, flexibility, core & functional movement patterns. We never repeat the same class twice! **AL***

Boxing-1-hour class using a heavy boxing bag, incorporates the fundamentals of a true boxing workout including intervals of plyometrics to strengthen & tone the entire body. Can also be therapeutic by clearing your mind & engaging your spirit. Bring your own gloves & wraps or we can provide them on loan! **Requires PLAY EVERYTHING MEMBERSHIP. AL***

BoxFIT-Full body fat burning high intensity boxing cardio workout using the heavy bags with a mix of strength training exercises using dumbbells, plates & med balls to sculpt the entire body. **Requires PLAY EVERYTHING MEMBERSHIP IN*, AD***

Body Blast-Have fun blasting your muscles with the latest chart toting music. 60 min. class includes cardiovascular activities that target the arms, inner & outer thighs, hips, .abs, glutes & ends. Challenges with aerobic fitness & muscle strength. **AL***

Cardio & Strength-Full body workout using a variety of equipment. Geared to improve strength & cardio exercises to burn calories. Modifications offered when needed. **AL***

Core & More-Tighten, tone & sculpt all muscle groups with an emphasis on the core throughout this highly engaging & informative class. Uses dumbbells, exercise balls, & other pieces of equipment as resistance tools to increase balance & strength! Deep stretching is embedded to round out this fantastic workout! **AL***

Circuit Training-Full body workout that tones & burns calories using aerobic steps, exercise balls, weights & kickboxing. Feel fitter, stronger, motivated & encouraged. Incorporate fitness in a supportive group environment. Modifications offered when needed. **AL***

CycleFIT- Energetic Indoor Cycling class that includes sprints, heavy climbs for strength, & other techniques that target the core. **AL***

FitLIFE-This is an uplifting Active Older Adult class incorporating light aerobics, free weights & balance training with a variety is a major feature of this class to keep interest & heart rates high! Advanced beginners to Intermediate. **AL***

Golf Strengthening & Conditioning- It's not all about the clubs. This class will help to improve the functional strength, balance & flexibility of the golfer. Instruction includes how to be more aware of your body mechanics & how that will enhance your game. **AL***

H.I.I.T.- High Intensity Interval Training **IN*, AD***

Move it or Lose It-Dance to the oldies with this fun, low-impact aerobics class! Cardio, strength, flexibility & balance training. **AL***

Pilates/Yoga- Combines the **yoga** focus on enhanced mind & body awareness, strength, stamina, flexibility & balance with **Pilates** techniques to improve posture & create a strong & defined core. **AD***

Sculpt + Cardio-Strengthen your entire body using dumbbells and bodyweight missed with intervals of cardio. Each class is different to keep you challenged and build endurance. Modifications offered when needed **AL***

Self Defense-Unarmed Self-Defense. Tae Kwon Do is an art form that is an effective & great way to unify mind & body. It develops one's health by increasing cardiovascular, ability, strength, balance & flexibility. **AL***

Sit & Be Fit-Low-intensity seated workout focuses on warm-up, stretching, toning & light weight training. **AL***

Step-N-Strength-Combines step aerobics with strength training. Designed to elevate the heart rate while incorporating dumbbells to build muscle and burn fat, followed by intense core work the last five minutes of class! **AL***

Strength Training-Designed to introduce & reinforce proper fitness techniques. Uses a variety of equipment for a total body workout with a focus on strength & sculpting. Modifications for all skill levels. **AL***

STRONG by Zumba®-Combines high intensity interval training with the science of synced music motivation. Music & moves sync perfectly to push you beyond your limits. This class is NOT Dance. **AD***

Tai Chi-Ancient gentle Chinese exercise helps concentration, balance, muscle strength, & coordination. Relax the mind & body through safe, slow movements. Particularly helpful for older adults as it can help alleviate joint & arthritic pain. **AL***

Trancing-Treadmill Dancing! Put a little pep in your step with this class! Burn calories while dancing to some hip music. **IN***

Yoga-Can't touch your toes? Always wanted to try yoga but don't know where to start? If you answered "YES" to any of these questions, this class is for YOU! With focused & guided instruction, we work together to gradually increase your balance & flexibility using fun music & a judgement-free atmosphere. Modifications are always offered. Bring your own mat & props. **AL***

Zumba®- Zumba is a fitness program that combines Latin and international music with dance moves alternating fast and slow rhythms to help improve cardiovascular fitness. Exhilarating, effective, easy-to-follow, calorie burning dance fitness program. Dance your way into fitness! **AL***

