Active Fit: A total body fitness class for active adults looking to build strength, cardiovascular endurance and flexibility. This class is upbeat.

Arctic Street Functional Fitness: Improve strength, power and endurance with body weight, stability balls, hand weights, resistance bands, and weighted balls. Invigorating and challenging. All to the sounds of revved up music.

Bar Blast: Grab a body bar and join Maegen for a 45-minute body sculpt class. Full body work out using weighted bars and music.

Cardio Circuit: Join us for this 45-minute cardio circuit sure to get your heart pumping.

Danceology: This class is perfect for our intermediate to advanced dance fitness enthusiasts! Join Michaela for a full hour of choreographies representing several different dance styles.

Elite Strength and Conditioning: Functional Movements paired with high intensity. This program is meant to push athletes, as well as create them. You will set goals and crush them using all the tools you love to hate, battle ropes, kettle bells, tires, and many more.

Gilding™ & Kettle Bell Mash-up: This class uses patented high-tech polymer discs that gracefully move with your body to firm, tone and sculpt long, lean beautiful muscles. We take the workout to a new level by adding a kettle bell to the mix, focusing on proper form and technique by using all primal movement patterns and classic kettle bell exercises.

Good Morning Yoga: Begin your day by awakening your body, mind and spirit. This is a gentle yet challenging class with special attention paid to alignment and balance. If you are a beginner you will feel comfortable in this practice. Advanced options will be offered for more experienced yogis.

HILL and BURN: A fast paced, high intensity workout using predominately bodyweight exercises in an interval, circuit, round-, for- style programming. Various items including weighted items such as dumbbells, kettlebells, weighted balls, etc. will be incorporated into some workouts as well.

Stixx: Got rhythm? Stixx is a combination cardio and strength class in which participants perform movements such as squats, lunges, and twists, while jamming to high-energy music with drumsticks. This class will tone your body, improve your endurance and enhance your rhythm. Stability ball exercises will be used to improve strength and balance.

Nia Dance Fitness Fusion: Combining dance, martial arts and mindfulness. Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul.

Pilates, Stretch and Balance: A total body workout focusing on strengthening and stretching muscles that support the spine (back and abdomen), improve posture, increase flexibility, and improve balance and coordination. This class focuses on training the mind and body to work together toward the goal of overall fitness. Exercises are progressions and focus on quality not quantity.

Power Sculpt: Join our instructors for a fat burning workout using a variety of resistance equipment including dumbbells, body bars, kettle bells, resist-a-balls, and gliding discs. Major muscle groups will be emphasized first using primal movement patterns followed by core work and small muscles.

Power Kick: Punch, kick, jab and strike your way to the next fitness level with this invigorating cardio kickboxing workout! This is a 45-minute class completely choreographed to the hottest music.

6-Pack Attack: Get ready to tone your ABS and your entire Body! This is a 60-minute class of isolation and toning for your abdominals while strengthening your entire body as well.

Sculpt & Stretch: This class is a combination of strength and flexibility training. A variety of equipment will be used including dumbbells, stability balls, resistance bands and more.

SilverSneakers® BOOM: Designed specifically for active older adults, including moderate-intensity dance, cardio workouts, functional strength training, yoga, Pilates and stretching.

SilverSneakers® Classic: Designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work and hand-held weights, elastic tubing with handles, and a SilverSneakers ball is included with low-impact aerobics choreography. A chair is used for standing support, stretching, and relaxation exercises. NOTE: This class is a progression from Classic.

Stretch and roll: Improve athletic performance and reduce pain due to poor biomechanics through this class of guided Self Myofascial Release Therapy. Gain flexibility, break up scar tissue and adhesions, restore functional movement and increase range of motion using the patented TPI Grid™ foam roller. Its unique dexterity designs are made to simulate human hands and set it apart from the traditional foam rollers. This class is taught by a certified personal trainer who is also certified by Trigger Point Performance Therapy in Myofascial Compression Techniques.

Tabata Challenge: Following the traditional 20 seconds' work, 10 seconds' rest, 8 rounds intervals improves the anaerobic system and is perfect for incorporating higher intensity into your weekly regimen. Both cardio and strength exercises will be incorporated into each tabata circuit.

Tai Chi: Qigong (Chi Kung) is an ancient Chinese health care system integrating body alignment, breathing and focused mind intent. Qi fuels life force or energy. Gong means practice or work. Qigong can reduce stress, build stamina, increase vitality and enhance the immune system. Studies have shown that it can improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.

Turbo Xpress: Join Maria for some calisthenics, jumping jacks, mountain climbers, push-ups, body resistance training and the 2nd half of class all geared towards strengthening the core and back with More Core! 35 minutes of pure sweat!

Yin Yoga: Yin yoga invites us to slow down and bring our attention to the emotional and physical body. Poses are held for longer periods of time, usually 3-5 minutes. Yin yoga helps to lubricate the joints and passively stretch tight muscles like the hamstrings and hips. Yin also helps in lowering stress levels and calming the mind. A great addition to any workout or healthy lifestyle.

Yoga: A system of exercises will be practiced as part of this discipline to promote control of the body and mind and increase flexibility and overall strength.

ZUMBA® 20 20 20: Includes three segments: 20 minutes of warm up with Zumba signature fun. 20 Minutes of HIIT Zumba-burst calorie burning high intensity cardio interval training. 20 Minutes of Zumba fitness targeting “Gutsie”, “Core”. Toning followed by stretching. Many variations, specific target zones, group moves within the Zumba formula. Taught by Grace and Evelyn.

CLASS INTENSITY RATING

- LOW INTENSITY
- MODERATE INTENSITY
- HIGH INTENSITY