

Aqua Fusion

Monday 6:30pm - 7:15pm

September 12th to December 5th (12 classes)

Wednesday 8:30am - 9:15am

September 14th to December 7th (12 classes)

12 Weeks *(no class Nov. 21st & Nov. 23rd)*****

A total body aquatic fitness experience without the joint stress. Classes are designed to challenge women and men to improve cardiovascular endurance, muscle tone, strength, flexibility, core and trunk strength, agility, balance, and speed. Embrace the awesome power of water, have fun, and get fit! All equipment supplied. Experience the best aquatic equipment available: weighted balls, hand weights, exercise bands, patented AquafitGear, noodle bars, bands, leg resistance cuffs, kickboards, barbells and more! This is an excellent class for women and men. Moderate to high intensity level. Aquatic shoes are required.

September 12th - October 5th

"Get back in the swing" with Cardio Pump Up!

October 10th - November 2nd

Full body strength circuit training

November 7th - December 7th

Mark's Muscle Madness

Monday 6:30pm - 7:30pm

October 3rd to December 5th (10 classes)

Wednesdays 6am - 7am

October 5th to December 7th (10 classes)

This ultra-tough, no nonsense workout will have you burning fat with flat out super challenging cardio "blasts", then barely catch your breath in the follow up strength training segment. Do not be fooled, this is an intense but fun workout! Each program is different from the last and challenges your body with a different blast/rest format. Don't be shy and come challenge yourself!

Pilates

Tuesday 9:15am - 10:15am

September 13th to December 6th (13 classes)

The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed over ninety years ago by Joseph H. Pilates. It strengthens and tones muscles, improves posture, provides flexibility, and balance, unites body and mind, and creates a more streamlined shape. The concentration is body fitness, elongated muscles, and all parts of a person working as a whole.

Yoga With Kristin

Tuesday 6:30pm - 7:30pm

Sept. 13th to Nov. 1st (8 classes) AND OR...Nov. 8th to Dec. 13th (6 classes)

Body and Mind yoga includes medium paced floor and seated postures, standing postures, back bends, and spinal twists as well as breathing techniques. More advanced poses will be offered on occasion. Alignment modifications will be presented. Some Yoga experience is

recommended, but not required for this class. Great for new or experienced students who enjoy a gentle approach to their Yoga practice.

Heather's Body Step Challenge

Wednesday 6:30pm - 7:30pm

September 14th to December 14th (14 classes)

Saturday 8:30am - 9:30am

September 17th to December 17th (14 classes)

Step Challenge is a class designed to hit those two "musts"..cardio and strength training! This class will combine intervals of step, weights, as well as core work. Grab a towel, some fluids, your hand weights, and come experience this extremely popular class.

Mary Ann's Zumba

Thursday 6:30pm - 7:30pm

September 15th to December 15th (13 classes)

Mary Ann's high energy Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one of a kind fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba class! No dance experience needed! You will learn Merengue, Salsa, Cumbia, Samba, Reggaeton, Flamenco, Quebradita, Bhangra and more. Come join the party the fall!

Turbo Training

Friday 6:00am - 7:00am

September 16th to December 16th (13 classes) *No class Nov. 25th*

Are you ready?? This 60 minute high intense class is designed to challenge your cardio endurance, strength, and mental toughness. Exercises are in 30 second to 1 minute intervals to challenge your speed, agility, and drive. The class uses a variety of equipment like jump ropes, stability balls, medicine balls, steps, hand weights, body weights, resistant bands, plyometric drills, and even trash bags. You never know what is coming your way, so bring your "A" game.

HIIT

Friday 9:15am - 10:15am

September 16th to December 16th (14 classes)

High Intensity Interval Training is a 60 minute high intensity cardio interval class designed to improve your speed, agility, power, and endurance. Upper and lower body plyometric drills combined with core strengthening exercises will challenge you and make you sweat in this total body workout.

Yoga With Sue

Friday 10:30am - 11:30am

September 16th to December 16th (14 classes)

This class blends components of Classical Yoga, Ashtanga, and Hatha Yoga for a creative flow of carefully sequenced postures designed to increase strength, flexibility, balance, and

concentration. The class begins with the sun salutation to warm the body, and then moves on to standing and seated postures, hip openers, gentle back bends, and more. Sequences change weekly to add variety. All levels welcome!