

Fitness Frenzy Exercise Classes

Spin-it:

This class, also known as cycling is a fun, calorie burning workout on a stationary bike. Tension can be increased or decreased similar to switching gears which makes this class perfect for all levels, no pressure to keep up with others. You control the intensity of your own workout.

Step-tacular:

Step and floor aerobics followed by resistance training. Beginners are welcome to attend. Modifications are shown.

Muscle Tone:

A muscle conditioning class to tone all major muscle groups. This class does not include aerobic exercise.

QuickStrength:

Get a quick effective strength training workout in just 30 minutes. Burn fat and improve bone density. You'll maintain a significant boost throughout the day.

Cardio Combat:

Are you up for the challenge? A cardio workout & muscle conditioning class all in one. Use your "training zone" to the max. Burn calories and build definition with intervals of sport conditioning drills. This is a military style inspired workout.

Ab Lab:

A 15 minute class designed to strengthen the abdominal and opposing muscle groups. This may include lower back and gluteal work as well as other exercises.

Yoga:

Help yourself achieve well-being amidst the stress and fast pace of modern life. Hatha yoga involves the release of tension, the purification of your body and mind through the use of breathing techniques, mental focus and physical asanas or postures. Increase the strength and flexibility of both your body and mind. Easily adaptable to all ages and fitness levels.

ZUMBA:

Zumba combines low-impact, high energy dance movements with intervals of fast and slow rhythms. A combination of fitness and fun.

SilverSneakers®1 - Muscular Strength & Range of Movement:

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers®2 - Cardio Circuit:

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® YogaStretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.