

# Fitness Class Descriptions

## Lower Intensity



**PBS Gold:** All the benefits of PBS (posture, balance and strength) at a gentler pace with the option of seated exercises for those with limited mobility.

**Yoga:** Focus on improving balance, strength, & flexibility in a relaxed environment. For new & experienced practitioners.

**Full Body Stretch:** Take some time to relax and give your body a nice long stretch, improve flexibility, release tension.

### Tai Chi Breathing and Stretch:

Gentle form of exercise designed to improve health, balance, posture, flexibility and the peace of mind that is often lost through the stress of daily life.

**Wing Chun Kung Fu:** Martial arts that uses superior position & technique to overcome opponents. No previous experience required.

## Medium Intensity



**Barre/Sculpt:** Combine balance, agility, & resistance into a challenging, high-energy, music-driven, fun class!

**DanceFit:** Fun dance moves set to high energy international & Top 40 beats. Instructors add their own flare to keep you burning calories & working up a sweat.

**Cyclefit & More:** Cyclefit for half the class with one of the following for the latter half:

**Yoga.Pump.Core.Stretch**

**Group RX-RIP:** A full body barbell workout for participants of all ages and all fitness levels. Choreographed movement and music with traditional strength training moves, makes for a thrilling class setting

**PBS** Posture, balance, strength and stretch. A great class for beginners & seniors. Equipment includes dumbbells, tubing, & balls.

**Qualified Instructors:**  
Our instructors are certified fitness leaders who receive ongoing continuing education credits.

## High Intensity



**Cyclefit:** Instructor leads riders through a warm-up, drills with hills, speed play & much more, ending with a cool down.

**Step:** For those who love high energy routines! All levels welcome!

### Cardio Core:

Challenge your core and get your sweat on. High intensity cardio FUN!

### Full Body Strength & More

**Conditioning:** combination of strength and cardio for a full body workout. Mixture of different formats to keep things interesting and fun! **Stretch:** extra long stretch for release tight muscles and improve flexibility.

**High FITNESS:** aerobics are back! Classes are fun, easy to follow, and choreographed to set you up for success. Cardio and toning meet leg warmers and a side of air guitar!

**HIIT the Step:** Full body cardio and strength, combining basic Step moves with all the fun bootcamp moves. Burpees, pushups, and weight plate exercises to work both lower and upper body. This class will get your heart rate up and increase cardio fitness.

**Tabata:** Fun fast paced class mixing strength, cardio and maybe even a little dance. Easy to follow workout format 20 secs of work followed by 10 secs of rest!

