

Class Descriptions

Water Fitness

Aqua AOA: Exercises to improve range of motion, muscle strength and endurance in a low-impact environment.

Aqua Extreme: This class will blow your traditional notions of water aerobics out of the water! Elevate your fitness through extreme water training utilizing aqua gloves, water weights & intense bootcamp & interval training.

HydroJam: A boxer workout with combat moves to rockin' music. The moves utilize the resistance of the water to create a high energy atmosphere of fun!

Bootcamp H₂O: Pump up the intensity without the stress on your joints! A body-blasting workout that utilizes resistance training and cross-training drills.

Deep H₂O: This class utilizes the deep end of the pool with floatation belts, kickboards, and resistance bells.

H₂O Aerobics: Shallow water exercise focusing on cardio conditioning with strength & toning utilizing buoyant and resistive equipment. Class ends with flexibility and stretching.

Aqua Yoga: Balance and Flexibility meets water.

Group Fitness Classes

B.T.S.: B(breathe) T(tone) S(strike). 3 is better than 1!! Combine the forces of Yoga, Boxing and Toning to get a complete workout in 30 minutes flat! Shoes are not required as this is low impact but INTENSE!

Body Pump: Challenge yourself with the original barbell workout that strengthens and tones your entire body.

Pure Strength: A full body conditioning class that includes intervals of cardio training interspersed with weight training.

Fit for Life AOA: Want to improve your quality of life? Exercises include strength, cardio, stretching, flexibility, and balance.

KickBox : An intense workout utilizing weighted punches, kicks, weighted gloves and bag work to kick your cardio to the next level.

RPM: The indoor cycling workout where you ride to the rhythm of powerful music to a calorie-burning endorphin high.

Step & Strength: Fun step choreography with light weights.

Zumba: The fat blaster! Fuses hypnotic Latin and world rhythms and tantalizing dance moves to create a dynamic workout system. Routines feature fast and slow rhythms to tone and sculpt your body while burning fat.

Yoga/Pilates**

Beginner Pilates: Introductory class to learn the basics of form, breathing, and other core Pilates principles..

Pilates Fusion/Sculpt: A powerful class that combines the best of Pilates with the challenge of the barre sculpt, yoga, and stretching for an energizing full body workout with emphasis on core conditioning.

Pilates Sculpt: Pump up your Pilates practice with by using light weights, body bars, bands, stability balls, and more. This class incorporates Pilates-based movements with an emphasis on sculpting.

Point Blank Sculpting: Ballet barre work fused with Pilates and weight training designed to elongate and reshape muscles into sculpted and firm physique.

Piloga Sculpt: The best of Pilates and Yoga mixed with sculpt and power moves to strengthen and tone your body.

Eventide Yoga: Opportune time to fully experience the flow of yoga with relaxing & powerful postures to promote well-being.

Flow Yoga: A moving meditation embracing a continuous flow of energy. Movement is connected with the breath that is smooth and rhythmic.

Gentle Yoga: This is a great class for those who want to just take it slower; focusing on gentle stretches & breath.

Intermediate Yoga: A moderate flow with a wide variety of postures incorporating advanced poses geared to developing strength and flexibility. Some yoga experience recommended.

Hatha Yoga: Increase mental, physical, emotional, and spiritual well-being through the undoing of tension. Restore the natural ease and enjoyment of breath. Develop an awareness of unconditional compassion and acceptance.

Power Yoga: Basic sport yoga with emphasis on strength and flexibility to bring out your inner athlete.

Power Flow Yoga: Challenging sequences of postures that help strengthen, tone, and increase muscle flexibility. It is an up tempo vinyasa style flow set to soulful music for a fun exploration of creative expression of energy.

Relax & Restore Yoga: A supported, conscious body/mind relaxation practice. Designed to assist the mind to become quiet & reflective to restore the body.