

Fitness Classes

Our Fitness Classes are held in the Lower Gym and the Auditorium. The classes are structured for a complete workout in all areas of fitness starting with a warm-up and ending with a stretching and a cool-down phase. The classes accommodate all levels of fitness, so check below to determine the class that fits your needs and desires. **Classes and times are subject to change** and may be offered seasonal. Check the Front Desk for a schedule.

AEROBIC PLUS

An hour long class with a warm-up and toning exercises for all major muscle groups. A cardiovascular workout utilizing basic dance steps choreographed to music with a stretching and cool-down period—**great workout!**

CARDIO KICK BOXING

Challenge your self in this high intensity, low impact cardio class. This class incorporates an upper and lower body workout by combining the punches with variations of kicks, mimicking movements from the martial arts. Try this exciting fitness class as part of your training.

FITNESS YOGA

A traditional form of exercise that promotes stress relief, Yoga utilizes various positions and techniques to enhance relaxation, balance and flexibility. This hour long class is a great complement to aerobic classes and weight training.

PILATES

These breathing, stretching techniques incorporate modern principles of spine stabilization and core body strengthening. This will provide you with the knowledge and tools required to develop an optimally functional body. This is great for anyone, even those rehabilitating from injury or preparing for a competitive sport. You will leave this class feeling more serene and invigorated.

PUMP & TONE

Is a specialty class that works specifically on muscular strength and endurance, toning and shaping the entire body. (There are no aerobic benefits.) The class is choreographed to music as you work the entire body with isolated muscle development and shaping. You won't believe the results!

TOTAL FIT

A unique workout that does it all in one hour. This class incorporates both strength and aerobics exercises, with an emphasis on flexibility all between a warm up and cool down.

STEP AEROBICS

Is a high intensity low impact class and appeals to both men and women of all ages. The class can be adapted to all fitness levels from beginners to conditioned athletes by adjusting the height of the bench and adding arm movements. It works all major muscle groups in the lower body while strengthening and conditioning the upper body. It also increases flexibility, burns body fat and improves lean body mass which increases the body's metabolic rate.

SENIOR FITNESS

Is a medium level exercise class. It concentrates on all areas of fitness—walking, jogging, and other activities for cardiovascular endurance, calisthenic-type exercises for strength and endurance and a good stretching phase to enhance your flexibility. The class also utilizes the medicine ball and light dumbbells. All of this is done between a good warm-up and cool-down. Anyone can join us and work at their own pace.

SILVER SNEAKERS

A class for Silver Sneakers participants and the motto is GET FIT, HAVE FUN, & MAKE FRIENDS. A 45 minute class working on muscular strength and range of motion all sandwiched between a warm up and cool down.

BOOT CAMP

Back to basic, 1 hour of old fashion calisthenics and variations with dumbbells, medicine ball, running, jumping rope, and stretching.

Registration and Fees Required

PERSONAL TRAINING

Do you need a little guidance in getting fit, losing weight and feeling better? Personal training can be the answer for you. One-on-one sessions with a certified personal trainer are really effective. Call Maureen Horvath to make an appointment with our person training staff.

SPINNING

A unique class done on stationary bikes with an instructor that leads you through a workout that simulates riding outside. A professional sound system and lights make the class aesthetically pleasing and motivating. Best of all, anyone at any fitness level can ride! Bring water, towel, and headphones!

YOUTH STRENGTH & CONDITIONING

An introduction to conditioning designed to teach safe and proper exercise technique. The program utilizes medicine balls and jump stretch bands and is recommended for anyone involved in or preparing for athletic competition. Classes will be on Saturday and Sundays. Classes are seasonal watch for dates and time.

Aquatic Exercise Classes

Do to the physical characteristics of the water, buoyancy and resistance, many benefits can be attained without the stress and trauma to weight bearing joints of the body. When submerged, because of buoyancy, approximately 90 percent of the body weight is lost and you are cushioned by the water as you exercise. This allows you to do many things in the water that you may not be able to do on land. The resistance from the water increases circulation, strengthens and tones the muscles. You determine the resistance by how forcefully you push and pull through the water. You will also enhance your flexibility in the water because there is little gravitational force on the body which allows more freedom of movement.

ADULT SWIM & EXERCISES

If you are a non-swimmer you can learn the basics of how to swim, work on your breathing or just learn to float. They also do water exercises and, for a change—how about synchronized swimming?

WATER FITNESS

A medium level fitness class that concentrates on all the areas of total fitness. No matter what your age is, this class will be just right for you.

AQUAROBICS

One hour of exercising in the water to music and an enjoyable, unique way to get into shape. The class is for young and old and any level of fitness where the participant can work at their own pace. You can get a high intensity workout with no stress on the body. You do not have to know how to swim to participate! Make your body come alive and try this refreshing way to exercise.

WATER EXERCISE

Is geared to an individual for the rehabilitation of injuries or surgeries. It is done with slow and controlled movements working in all five areas of fitness starting with a warm-up, upper body workout into a cardiovascular workout followed by a lower body workout and cool down. The instructor is trained to work with individuals who are rehabilitating from injuries or surgery, helping them with their special needs and making sure they work within their own limits and at their own pace.

TWINGES IN THE HINGES

Is for the individual who has arthritis and joint problems. It is a 45 minute class concentrating on joint movement, range of motion exercises and large muscle movements. It begins with a warm up and upper body exercises and has 10-15 minutes of aerobics so a participant does have a chance to elevate their heart rate and ends with lower body exercises and a cool down. Good class for beginners!

WATER RUNNING

As you get older, your body does not recover as quickly. Water running can provide a supplement to your training or serve as a replacement for training on the roads if you are injured. Each session is specifically geared towards training the runner. Many sessions simulate track workouts. Others focus in on long, sustained effort at a consistent pace. When you hit the roads, you'll find your self going faster with no additional effort. Class is only offered in the water. Pick up a flyer at the lobby counter.