

FITNESS CLASS DESCRIPTIONS!

Yogalates

This class is a combination of Yoga and Pilates. Strengthen and lengthen your core “power house” for the body while creating balance, endurance and flexibility.

Yoga Flow

This more challenging style of yoga blends continuous movement with longer holding of traditional yoga postures.

Pilates

An overall fitness class to burn fat and strengthen core muscles all in one workout.

Yoga Conditioning

Yoga practice encourages whole body and mind vitality. We will focus on strength, grace and flexibility through a variety of yoga poses along with relaxation techniques to instill mindfulness and inner calm.

Aikido

Aikido is the Japanese art that helps you to discover the power and control within. Aikido gives you a workout that increases strength and flexibility while helping to increase your self-confidence.

Low Impact Aerobics

This is a great class for beginners and for people who are looking to get back into shape.

Powersculpt

Improve muscle tone, strength and increase your energy level.

Energize Step

Combination of low impact, high energy step routines and the latest in body-sculpting and fat-burning programs for total body workout.

Cardio Kickboxing

A cardio workout that will incorporate all levels of fitness from beginner to advanced. Program incorporates punches, jabs, and boxing techniques.

Ultimate Boot Camp

An ultimate intensity cardio workout that will get your metabolism revved up! Strengthen upper and lower body with plyometrics, military style workouts and more.

Tai Chi

Feel the energy from this ancient Chinese martial art. Known for its healing exercises that improve balance, flexibility and coordination.