GROUP EXERCISE CLASS DESCRIPTIONS

BELLY DANCE: Transport your workout to foreign lands! Get moving with a total body warm-up, light toning exercises, and instruction in basic body isolations. Then cut loose to Middle Eastern beats with movements, drawn from Middle Eastern Dance which will work out your heart and body. This all-levels class provides a fun workout for everyone.

BOOT CAMP: A variety of strength, plyometric and anaerobic movements to get you in shape, boot camp style. If you are new to working out, there is no need to be intimidated as the routine is designed to be done at your own pace. Whether you are a rookie or fitness fanatic, you can achieve the intensity level that you need!

CALORIE KILLER: Intervals of easy to follow, athletic based, cardio drills mixed with intervals of strength & endurance exercises for a killer workout.

CYCLE: Group stationary cycling - Lights are dimmed and music is played as your instructor leads you on a journey of long flats, hill climbs and sprints. Great for all levels as each participant controls his/her own intensity by adjusting speed, resistance and body positions.

CYCLE & TONE: Combines the best of indoor cycling with strength training for an intense total body workout that is guaranteed to make you sweat!

CYCLE & HARD CORE ABS: Combine Rec Sports & Fitness' CYCLING class and HARD CORE ABS class to give you the ultimate cardio and extreme ab workout.

HARD CORE ABS: Looking for the rock hard abs you've always dreamed of? This class is all about your core, with strength and stability for the abs and back. All levels welcome.

KICKBOXING & CORE: A perfect blend of cardiovascular training and self defense. This high energy, low impact class utilizes the basic punches and kicks of boxing, leaving a powerful impression on your body. Class will include a small portion of core conditioning at the end of class.

PILATES: Learn mat exercises that focus on awareness of the spine, proper breathing, core strength and flexibility. A great class for anyone who sits at a desk all day—be prepared for awesome results, including better posture and a more toned physique!

POWER HOUR CIRCUT: This high intensity class combines high volume resistance exercises and complex body weight movements to get you ripped with our total body, circuit-style training. Bring your own water, we'll provide the sweat! All fitness levels are welcome.

SCULPT & TONE: Dumbbells, body bars, resistance bands and medicine balls are all used in this strength-based class to sculpt and tone all of your muscles.

RELAXATION YOGA: Combine YOGA with meditation and you get a relaxing class that leaves you feeling refreshed and ready to start your day.

WARRIOR WORKOUT: This high-energy class combines kickboxing and athletic drills for cardio and strength conditioning!

YOGA: Challenges the body by focusing on changing from one challenging pose to another. You will be lead through a flowing sequence of postures promoting increased strength and flexibility while centering your mind and body. Beginners and veterans are sure to have a great workout while improving flexibility and lowering stress.

ZUMBA®: This Latin-based dance craze that originated in Miami is sweeping across the nation. Join us for a full hour of dance and fitness that incorporates many styles of dance, the hottest music, and a club-like atmosphere that leaves all Zumba students hooked! No dance experience required!