

Fitness Class Descriptions

Group Cycling / Spinning (ages 16-adult) Take a guided tour with our instructors on an indoor cycling bike. The cycling classes are non-impact, high-energy classes done to music for an all around cycling experience.

Power Hour: Challenge yourself with a combination of cycling, running/jogging/ and ply-metrics in this workout on Thursdays and Sundays!

Shift and Lift: Energize your workout with a combination of cycling and strength training done to great music!

Step Interval: A fun and energetic 45 minute combination of step aerobics combined with strength training for a great workout!

Pilates: The Pilates method is an exercise system that focuses on improving flexibility and strength for the total body without building bulk. Pilates involves a series of controlled movements, engaging the body, mind and specialized breathing. Please bring your own mat for this 45 minute class.

Body Blast Circuit: This circuit class, done to music, is a great change to the normal routine with a good mix of cardio and weight training stations to provide an all around full body workout.

Living Strong Program is a wellness program for adults 40 years or older using light hand held and ankle weights. Classes meet 2x per week and are done either seated or standing with the use of a chair or wall for support. Great for the beginner exerciser! Pre-registration required as well as a medical release form from your primary physician. This program is co-sponsored by the Area Agency on Aging, Americorp and IROC.

Aqua-Fitness- Mon & Fri 8:30AM: This ongoing class incorporates music and water to help provide an intense but fun workout in the Main pool.

Warm Water Exercise-Tues & Thurs. 8:00AM & 9:00AM: This social, fun class is done in the therapy pool and is open to all abilities. Great for beginners and those with arthritis.

Water Walking-Wed. 8:30AM: The water provides the resistance for a good workout while you walk and talk with others in the Main Pool.

Gentle Stretching Class: This class, co-instructed by a physical therapist, is designed for older adults to help increase their flexibility and balance.

Women in Motion: This class is open to all women who are interested in a great supported workout including circuit training, strength training, and endurance building workouts. Every other Wednesday will be a water workout and a running clinic on the off Wednesdays. Come join the group!

Dance 4 fitness: Get together on Monday afternoons with others who enjoy line dancing for some great exercise! No previous experience necessary.