

Fitness Class Descriptions

All Levels Yoga: Consists of fundamental yoga poses to promote health, flexibility, stamina and strength.

Feldenkrais: Helps increase your ease and range of motion while improving flexibility and coordination through a unique, gentle body centered learning process

Fit for Life: Adapted for all ages and fitness levels. This fun and challenging workout improves the cardiovascular system as well as increases balance, strength and bone density. Please bring a mat and at least one set of weights that fits your fitness level. If you don't have any weights, two water bottles or canned goods could be substituted.

Hatha Yoga: Classic Yoga postures and movement with attention to proper alignment and breathing to help increase awareness, flexibility, balance, strength and relaxation for the body and mind.

Hatha Dynamic Yoga: Similar to Hatha Yoga, this class emphasizes the lengthening and stretching of muscles.

Hot Hula: Inspired by the dance of the Pacific Islands, Hot Hula fitness provides a total body workout in 60 minutes. Core focused, easy to follow, for all fitness levels and no equipment needed! Hot Hula fitness incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout that isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms.

Mid-Morning Yoga: Vinyasa flow yoga involves moving from one posture into another, following the breath in a choreographed sequence

Sweat & Sculpt: Adapted for all ages and fitness levels. This fun and challenging workout improves the cardiovascular system as well as increases balance, strength and bone density. Please bring a mat and at least one set of weights that fits your fitness level. If you don't have any weights, two water bottles or canned goods could be substituted.

Total Body Conditioning: This class will increase overall cardiovascular fitness, including muscle strength and cardio endurance. Please bring a mat and weights.

U-Jam Fitness: Dance your calories away! This fun and energetic class will not only give you a great workout, but will give a few new moves for the dance floor!



Zumba Gold: The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating community-oriented dance fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low-impact moves for active older adults.

Zumba: Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high energy Latin and international beats. You'll get fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.