

Fun & Friends...Join Group Exercise

20/20/20 This exciting workout combines 20 minutes of cardiovascular conditioning, 20 minutes of strength training, and 20 minutes of abdominal work. This class is perfect for any fitness level and participants are asked to bring a mat to class.

Boot Camp 101 This class will include higher level cardiovascular exercises. It will incorporate strength training, flexibility and core exercises to challenge any fitness level. This is a true military-style boot camp. Hardcore Boot Camp requires the participant to be in excellent physical shape.

Boot Camp 102 Class reserved for those in good physical shape. A high-intensity, full speed, full body workout using unique "Cave Man Training" exercises to take you to peak conditioning. Tires, sandbags, barbells, weighted vest and sledge hammers are used. Class guided by professional strength coaches. This is the ultimate challenge. *Must have taken one session of Boot Camp 101 or with permission of instructor.*

Cardio Kickboxing This class is a great workout for everyone, young or old, male or female, Get ready to rev up your heart and work like a champ. This is a boxing circuit training class that will move each participant through individual boxing sessions, ball techniques, weight training, and calisthenics. Participants should bring boxing gloves to class. Saturday's class is 1 ½ hours: 1 hour of kickboxing, followed by ½ hour of spin.

Hip Hop Add some new pizzazz in your dance routine. Get ready for a pulsating, highly-coordinated workout. Learn hip-hop combinations in a fast-paced, quick-stepping hour. Dance with attitude.

Dumbbell Complex A class on strength training and muscle toning through dumbbell circuit routines. The full body workout will bring your fitness to a whole new level.

Pilates Improve your flexibility, posture, stamina and strength through controlled movements and coordinated breathing. Pilates focuses on core training muscles: abdominals, lower back, glutes, hips and thighs. Participants need to bring a mat. Intermediate/Advance Pilates is for those who have been taking Pilates for awhile.

Power Up (weights) Get ready for a weight training class that will incorporate a total body workout. This great new weight training class will get you moving and sweating as we work each muscle group.

Spin More than just a workout, Spin is the original indoor cycling program and the most comprehensive mental and physical training program ever developed. Led by certified instructors, the program combines a foundation of basic cycling with motivational coaching, breathing, and heart rate training. Participants can burn an average of 500 calories in 45 minutes. All fitness levels are welcome. Come along for the ride!

Water Aerobics This class will utilize all dynamics of a water aerobics class. Get ready to make some waves in the pool. This class will include cardiovascular conditioning, increased strength, flexibility, and muscular endurance. All levels welcome! Classes held at the Comfort Suites.

Yoga - Beginner Learn how to use yoga to gently open and tone your body, in harmony with your breath. Ideal for older adults or anyone who prefers a quieting yoga practice. This class is open to all fitness levels. Participants should bring a non-slip mat, hand towel and bottle of water to class.

Yoga-Intermediate/Advanced In this class you will work with a E-RYT certified yoga instructor for advanced principals in yoga form and conditioning. Participants should bring a non-slip mat, hand towel, and bottle of water to class.

Zumba This up beat dance workout will get your body moving to great Latin music. The Latin moves and rhythms will help you dance your way to a fitter you in no time.