

Silver Sneakers® MSROM -Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Silver Sneakers® CC -Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Silver Sneakers® Yoga Stretch -Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Active Older Adults- (AOA) keeps the blood moving and the joints loose. This lower impact class includes light dumbbell exercises, resistant band flexibility training, and a light cardiovascular workout.

Soul Line Dancing/Aerobics -Learn all the latest line dances like the electric slide, waterfall, cupid shuffle, Detroit shuffle, hustle and more. All while getting a full body aerobic workout which including strength training and toning.

Yoga- Spirit, mind, and body all come together in this calm and relaxing class. This can help to melt away the day's stresses while helping to improve flexibility at the same time.

Gentle Yoga-The flow is slow focusing on pose techniques, body alignment, and deep breathing. A great class to improve balance & flexibility while relaxing the mind

Zumba® -This program incorporates footwork and body movements from flamenco, salsa and other dances. Participants pump their legs, windmill their arms, gyrate their hips, clap their hands, dip, slide and spin — all to a frenzied beat that leaves them with flushed cheeks and dripping in sweat

Step Aerobics -Don't be intimidated by never having done a step class in the past. Work at your own pace to learn the step moves. Designed as a high intensity cardiovascular workout, Step Aerobics is sure to burn off those extra calories.

Pilates- Builds core strength through the use of special equipment, which could include exercise balls, resistance bands, and plenty of floor work. This is a very low impact class.

Spinning®- The Spinning program is the original and most popular group cycling class. And it's not just because Spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, top-notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun

Intermediate Spinning®- Just the same as Spinning® but more designed for beginners

Body Sculpt-This class is designed to tone and strengthen all major muscle groups of the upper and lower body by use of a variety of resistance tools such as weights, balls and bands. Strength training is a great way to raise your metabolism and build bone density. A great-body toning workout.

Drums Alive: Join the dynamic movements of aerobic dance with the pulsating rhythms of the drum, It is a workout for the entire body, mind and spirit!

3 in 1: A great workout with a mix of cardio, strength, and flexibility. Challenge your body different ways each week to increase stamina, tone & strengthen your muscles, and increase range of motion.

Gentle Yoga: The flow is slow focusing on pose techniques, body alignment, and deep breathing. A great class to improve balance & flexibility while relaxing the mind.

Kickboxing: a high-impact cardiovascular workout that blends elements of boxing, martial arts and traditional aerobics

Boot Camp: This circuit class is designed to promote skill and body position development while delivering a high intensity, multi-style progressive workout. No class experience required. A challenging workout for all abilities.

Walk into Shape: This walking club provides members with a multi-level approach to walking. Various types and techniques of walking, strengthening skills, stretching exercises and breathing techniques will be addressed during this class.

Fit Kids: Our youth fitness class makes it possible for children, like adults to enjoy the camaraderie of exercising with a group of friends! Youth ages 7-16 can experience a great cardiovascular and strength workout