Group Fitness Class Descriptions

Anything Goes!
Anything Goes is just that…in this class anything goes! A perfect mixture of strength, cardio and ab work makes this a well-rounded fitness class that is different every week. Come torch some calories AND have fun doing it!

Barre
Hybrid class combining ballet inspired movements with elements of Pilates, and strength training. A total body workout with movements done as time under tension. Upper body strength training combined with classic moves that target the lower muscle groups and core is what you will find in this class! Low impact, a workout that will give you a solid burn and challenge your balance and flexibility!

PBT
If you are looking to improve your posture, mobility, and correct muscle imbalances, this class is the ultimate self-care. Using 'Progressing Ballet Technique' — a groundbreaking body conditioning and strengthening program meticulously crafted to enhance proficiency in not only all dance forms but also in the realms of yoga and Pilates — this class is an excellent tool for anyone at any level of their fitness journey. PBT is also utilized by sports physiotherapists for effective rehabilitation. No dance experience necessary! This class moves at an easy-to-follow pace; focuses on core strength, joint stability, muscle memory, and active stretching. You will leave feeling aligned, empowered, and focused."

Peaches & Steam Conditioning
Get ready to turn up the heat and fire up those peach muscles! Peaches & Steam Conditioning is a total-body blast designed to sculpt, sweat, and strengthen—especially that juicy glute zone. This class blends heart-pumping cardio with powerful strength moves, delivering a spicy conditioning session that's as fun as it is fierce.
Whether you're a fresh-picked beginner or a seasoned fitness peach, all levels are welcome. This isn't just a workout—it's a vibe. Together, we lift, lunge, and laugh our way through booty-boosting circuits and full-body conditioning drills that will leave you glowing and growing.
More than a workout, Peaches & Steam is a community—where unity, support, and self-confidence blossom. Bring your energy, bring your friends, and let's build some serious peach power.
Come for the sweat, stay for the squad.

Strength
A fitness class focused on building and maintaining muscle and increasing strength through resistance training. This class will utilize various equipment like dumbbells, resistance bands, gym mats, and balls, as well as bodyweight exercises. Classes will often involve exercises like squats, lunges, presses, and rows, and can be tailored to different fitness levels. Each class will focus on either the upper or lower body and end with an optional core finisher. On Mondays we will focus on the muscles of the upper body: arms, chest, back, & core. On Wednesdays we will focus on the muscles of the lower body: legs, glutes, back & core. Bring some water!

Strong Nation
A high intensity workout in 50 minutes. Strong Nation combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees and jumping jacks all SYNCed to original music. If you've got 50 minutes, you've got time to blitz this high intensity workout with us. Moves build and there are modifications for every fitness level!

TABATA
This is **a high-intensity interval training (HIIT) class that uses simple, intense exercises to burn calories and provide results quickly**. Class begins with a short warm-up followed by a series of four-minute exercise sequences. Each sequence is broken into eight 20/10 intervals (20 seconds of intense work followed by 10 seconds of rest). Many exercises will use just body weight, but dumbbells and resistance bands may also be used. Class will end with a short cool down and stretch.

Updated 11-06-26 **All Group Fitness Classes are subject to change with little to no notice.**

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Uplift and Unwind
This slow flow Vinyasa style class combines both traditional and modern aspects of yoga. Each class will begin with sun salutations and then move through a standing flow and seated sequence. The class will focus on proper alignment and linking the breath with movement along with some yoga philosophy sprinkled in. An ever-changing lyrical playlist will be the soundtrack for this uplifting, yet mindful class. All levels are welcome.

WERQ
WERQ is a wildly addictive cardio dance workout based on the hottest pop and hip-hop music. This nonstop, high-energy class has repetitive athletic moves and fresh dance steps to give you the best sweat. Our heart pumping WERQouts are designed for everyone. This isn't just about burning calories...it's about showing up and having fun!

Zumba®
A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Aqua Group Fitness Classes

Please note: Aqua Group Fitness classes are offered only during the Community Center's summer pool season and follow all outdoor pool rules and guidelines. In the event of inclement weather, classes may move indoors, subject to availability.

Aqua Bootcamp
This bootcamp inspired aqua class takes place over the summer months and utilizes cardio, strength, pool noodles, and water resistance is what you will find in this Aqua class. You will feel the burn and have no impact on your joints while in the water!

Aqua Zumba®
Takes place in the pool over the summer as weather permits and will move indoors when the weather does not!