

Proudly Managed by Castle Group

Fitness Class Descriptions

AQUA FITNESS

A low impact cardio and strength workout for all fitness levels in the comfort of the pool.

AQUA ZUMBA

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

BOOTCAMP

This class works your entire body with cardio, lower body, upper body, and core exercises.

CHAIR YOGA

A class that offers benefits of yoga while seated in a chair. This class will focus on guided meditation and breathing.

CORE STRENGTH

A focused class designed to build core muscle groups while improving posture though performing a variety of exercises that strengthen the abdomen and back muscles.

FIT KIDS

Join Instructor Nikki for a fun-filled Fit Kids class at 10am for ages 6-8, and 11am for ages 9-12. Parental supervision required.

GENTLE FLOW YOGA

This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment.

HATHA YOGA

This class is designed to help improve strength, flexibility, balance and bring peace to both the body and mind.

KICKBOX CARDIO

This is a group fitness class that includes fast-paced cardio. This high energy workout challenges the beginner and elite athlete alike to build stamina, improve coordination and flexibility.

KIDS FITNESS GAMES

Join Instructor Nikki for a fun-filled fitness class for ages 8+. Parental supervision required.

LINE DANCING

This fun dance class will get you moving and increase your steps with a variety of Line Dances to fun and upbeat music! Line Dance class is a great aerobic workout that is fun for everyone and uses repetition to help you learn the moves as you go.

LEGS, GLUTES & ABS TONING

This class focuses on using body weights to tone, sculpt and strengthen the core and lower body. Increase strength and muscular endurance with this fun strength building format!

PILATES

Pilates concentrates on strengthening the body through posture, balance and flexibility with an emphasis on core strength.

SCULPT

This class focuses on using body weight, free weights and more to tone, sculpt and strengthen the entire body. Increase strength and muscular endurance with this fun strength building format! Sneakers and water bottle are recommended.

STEP CIRCUIT

This class incorporates the use of a step for a full body cardio and strength workout in a 45-minute session. Improve your aerobic endurance, strengthen and tone with easy-to-follow step moves, the use of hand weights and more.

STRONG NATION

This class is a High Intensity Interval Training (HIIT) class that moves to the music designed with short, intense bursts followed by a short recovery period to help burn maximum calories in a minimal amount of time. It incorporates body weight strength building moves, plyometrics and cardio for a complete workout that is synced to the music.

TAI CHI

Tai Chi is an ancient Chinese art of healing, relaxation and self-defense. The practice has developed into a graceful exercise with soft smooth movements that is used today for stress reduction, energy enhancement, illness prevention, and strengthening the mind & body.

TEEN FIT

Join Instructor Nikki for a fun-filled Teen Fitness class for ages 13-17. Parental supervision or consent required with ID.

TOTAL TONING

A full body workout that combines sculpting exercises and strength training, designed to tone and strengthen all areas of the body.

TRX & WEIGHTS

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

YOGA

A class that has a gentle way to improve your posture, balance, and coordination, which includes mediation and relaxation.

ZUMBA

This class incorporates Latin and international music and dance, while offering a balanced blend of cardio and muscle toning benefits.

ZUMBA TONING

A class that utilizes muscle toning and sculpting exercises and combines them with the dance-fitness movements and rhythms from Zumba Basics.