Group Fitness Classes
Fall 2020
Starting Sept 8th, 2020

All classes take place at the Field House. Maximum 20 participants per class.

Membership or Drop-In Fee required. Drop-in users are required to provide their name and phone number. Note: Schedule may change throughout the season, we reserve the right to change schedule and instructors without prior notice.

Class Descriptions:

**Boot Camp** - Drills, sprints, weights, and sometimes a circuit, to build strength and endurance. Enjoy a tough and rewarding workout with lunges, squats, push ups, crunches, and a whole lot more.

**Cardio & Tone** - A high intensity and full-body workout targeting core, strength, stability, and toning. A variety of equipment, including dumbbells, body bars, and steps, may be used to promote cardiovascular benefits.

**HIIT**-(High-Intensity Interval Training). Burn more calories in less time with high energy interval-based training with intense bursts of exercises from one hundred percent effort followed by short, sometimes active, recovery time. Plus, core strength and conditioning to sculpt and strengthen muscles for a total body workout.

**HIP** – (Health Improvement Program) Develop cardiovascular health, promote muscle tone and muscular endurance, and improve body composition.

**Morning Fit** - This low impact cardio class is light on the joints but offers a solid workout. It features easy to learn moves and fun, upbeat music, followed by a toning and core workout.

**Spin** - Spin class is a fun cardiovascular workout using a stationary bicycle. Your instructor will simulate a variety of sprinting and hill climbing drills enabling you to build your cardiovascular fitness, muscle strength, and endurance. Classes are for all levels, beginners to advanced, as you are in control of your resistance level on your bike and how hard you want to work in class.

**Step** - Traditional and basic moves, light choreography, and instruction on proper technique when using the step.

**Total Body Workout** - A class designed to maximize time with a variety of calorie incinerating movements. Come ready for a challenge and learn a new array of cardio and resistance training exercises.

**Yoga** - Introduce yourself to the benefits of Yoga, including improved flexibility and balance, muscle endurance, long and lean muscles, enhanced focus and stress relief.

**Zumba®** - Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body. Add some Latin flavor into the mix and you’ve got Zumba!