



SOUTHEAST- GROUP FITNESS CLASS DESCRIPTIONS

Core & More

Improve muscle tone with a focus on the Abs but including other muscle groups

Cardio Blast

A cross training class that combines cardio & strength exercises to challenge you to your next level of fitness.

Cardio Kick & More

Get your heart rate pumping with the basics punches, jabs, & kicks of cardio box along with strength, balance and core training exercises.

Cardio Blast

Are you ready? This basic yet challenging workout is only for those members who are looking to sweat. Get your heart pumping through a variety of intense cardio and Plyometric drills combined with powerful strength training.

Core

A class that focuses on the muscles responsible for strong abdominals and a healthy back. Use a variety of equipment to learn effective strengthening techniques to help improve posture and reduce lower back stress.

Cycling

A workout for all levels of fitness designed to increase stamina. You climb hills, race down flat roads all in the comfort of the fitness studio. Bikes available on 1st come 1st serve basis. Arrive early to secure your spot!

Dance Fitness

Come and get your groove on! Choreographed dance that includes a little hip hop, a little funk, a lot of cardio and a whole lot of fun

Forever Fit

This class is great for individuals new to exercise, who have fitness limitations or who may not have exercised in years. Non-impact chair exercises are designed to improve your strength, flexibility and the ability to perform functional activities.

Kid's Fitness

This class is totally focused on KIDS & family. A great variety of cardio, strength & flexibility workout utilizing family calisthenics, agility, partner exercises & more!

Muscle Definition

A challenging and effective all over body workout utilizing a variety of equipment including weights, body bars, tubing and balls to increase your personal strength. You will never get the same work twice in this class.

Interval Cycling

This is a structured cycling class which takes you through intense timed work efforts with subsequent recovery phases. Come with a water bottle and be prepared to pedal hard!

Interval Step

This class features step combinations to elevate the heart rate followed by short bursts of muscle conditioning exercises. This class will be fun and challenging!

KENPO – *fee based

It's an introduction to the American self-defense art of Kenpo! Learn to use your entire body to develop practical self-defense skills while increasing strength, flexibility, coordination, discipline and confidence. (\$25 for member - sessions occur monthly)

Pilates

Pilates is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back. Grab your mat and you are ready for class!

PIYO

A unique fusion of Yoga and Pilates all in one class that is designed to build strength & gain flexibility. It's about creating energy, power, and rhythm within the body. Think increased overall core strength, and greater stability!!

Quick Spin

Check out this cycle class. You will learn proper bike set up and bike safety as you spin through a guided ride composed of climbs, flats, jumps and maybe even a sprint or two. Don't forget your water bottle and towel.

Step Basics

Learn the basic stepping patterns used in the more advanced step aerobic classes while getting a great cardio workout



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Step & Core

A high energy, music groovin' cardiovascular workout using an adjustable step platform followed by an effective abdominal (core) workout!

Sunrise Yoga

Gentle movements warm you up in the early morning. Postures are harmoniously connected with the breath while seated, standing or lying on the mat. At the end of class you will be refreshed and centered, ready to start your day.

Tae Kwon Do (youth/beginner)

For ages 6 years & up.

Bring your family to learn the modern & popular martial art of self-defense along with mental tenets of courtesy, honesty, integrity, perseverance & indomitable spirit. The Family that PLAYS 2Gether STAYS 2gether!
(Intermediate/Advanced)
For the more experienced participants-see instructor for details

Turbo Kick

Its unique techniques work together to give YOU the ultimate cardio workout that will help decrease fat and reshape your body! Each workout consists of a warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a nice cool-down.

Yoga

A great workout for spirit, mind & body. Strength, Flexibility, Balance & Relaxation are improved by utilizing yoga poses & breathing techniques. Great for all fitness levels.

Zumba

A dynamic, exciting, workout done to a high-energy fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Join the party to see what all the hype is about!

Zumba Toning

Blend body-sculpting techniques and Zumba moves to enhance rhythm, build strength and tone all the target zones.

Aqua Energy

This class builds Cardio Energy & Endurance. Cardio Variations and challenging endurance exercises strengthen your lungs, heart & your body – Get Energized!

Aqua Fitness

Enjoy a warm pool, improve joint flexibility, reduce stiffness and pain. Increased muscle strength, coordination, endurance, stretching, and aerobic workout are included in this great total body workout!

Aqua Interval

Take your aqua experience to the next level! Interval training and conditioning against the natural resistance of the water. Additional weights may be used to increase the intensity.

Aqua Zumba

This class integrates Zumba into traditional aqua fitness. The movements are challenging and work against the water resistance. Shake, shuffle, kick, twist and clap your way to an energized new you!

Deep H2O

Join us for a deep-water workout utilizing buoyancy cuffs and barbells to improve muscle tone & strength conditioning. Equipment is provided.

New to Group Fitness? START WITH THE BASICS

These classes are designed to introduce you to the concepts and techniques of many of our Group Fitness formats. Meet the instructor, work at a practical pace and learn the BASICS from a Pro!

BASIC Aqua Fitness

BASIC Cardio Blast

BASIC Cardio Kick

BASIC Dance

BASIC Muscle Definition

BASIC PIYO