

For your convenience please pre-register for classes at the front desk

Amy - Silver Sneakers Circuit; Val - Group Cycle AM; Sue - SilverSneakers; Nancy - Retro-Robics; Vickie- Chair Zumba
Maria - Total Body, Group Cycle PM; Michele - Kickin' Combo, Low Impact, Happy Hour

Group Cycle– Group Cycling is a high energy indoor cycling class set to music using a stationary bike with a weighted fixed-gear flywheel. Riders of all abilities can spin together and tailor their training session by individually controlling their cadence and/or adjusting the bike's resistance.

Happy Hour– Start your weekend with a Friday Happy Hour workout! Get rid of your end-of-the-week stress with some aerobic training and resistance training.

Kickin' Combo– No bags, no gloves, just a "knockout" workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout.

Low Impact– Low impact doesn't have to mean low intensity! This is a fat-burning workout that keeps one foot on the ground at all times.

Retro-Robics - A "Blast from the Past" class! Traditional aerobics that will help you work up a sweat, infused with a variety of other workout styles.

SilverSneakers Circuit®– Experience low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill. A chair is available for seated or standing support.

SilverSneakers Classic®– A variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and small balls are used for resistance. A chair is available for seated or standing support.

Total Body– Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight.