

Class Descriptions

Aqua Dance (Water): High energy, low-impact water workout, creates natural resistance to tone the entire body.

Aqua Stretch (Water): Gentle water-based stretching to improve flexibility, mobility, balance and relaxation.

Balance and Mobility: Improve and maintain mobility. Focusing on balance, strength and moderate aerobic activities.

Barre: Graceful, controlled movements combined with strength and conditioning for a full-body workout.

Chair Yoga: This evidence-based program is a great next step for those who have participated in our Balance & Mobility class or anyone looking to build core strength, improve flexibility and enhance balance in a supportive environment.

Chiro-Yoga: This yoga class combines gentle movement, corrective techniques, and mindful breathing to support posture, mobility, flexibility, and body awareness.

Cycle Express: High-intensity, low-impact workout to Improve strength and cardiovascular conditioning.

Dancing with Dina: A fun energetic dance class featuring easy-to-follow moves and upbeat music.

Gentle Water Fit (Water): Low water aerobic exercises performed in shallow water. A safe place for all levels.

HIIT and Run: High intensity interval workout for a morning on the go!

Lower Body Shred/Upper Body Shred: Thursday's focus on upper body training for strength/endurance and Friday's focus is for lower body! Get shredded!

Parkinsons: Helps improve coordination and motor skills. Movements that can increase agility, flexibility and balance. This class is free to members and non-members.

Pilates & Progressions: Classical and contemporary forms of the Pilate method. Concentrating on breath, core control and flowing movements.

Pilates Fusion: A low-impact class focused on core strength, flexibility, balance, and posture through controlled movements. Modifications are provided.

Retro Sweat: Classic Jane Fonda-style moves meet 2026 energy, great music and retro fun!

Self Defense: Learn self-defense techniques through this total body workout. A FUSION of boxing, wing chun, kali, silat and muay thai.

Shred: The key ingredient in SHRED is motivation! Shred workouts involve low weights and higher reps with moderate cardio.

Spin: Cardio endurance, flexibility, combined, for high-intensity, low-impact cycling. Warm your muscles on the bike then and increase your flexibility off the bike!

Step Challenge: Intermediate to advanced step combinations are featured in this cardio routine for a fun and challenging class! Being familiar with step terminology and movements are recommended, but not required.

Strength and Sculpt: Weight based strengthening and toning through isometric holds and isolated movements.

Tabata Tuesday: High Intensity Interval Training (HIIT) that involves 20 seconds of bursts of activity followed by 10 seconds of rest for 8 rounds.

Total Body Barbell: Barbell workout building strength and endurance for a total body workout!

Water Fit (Water): Mid to high-intensity water aerobic exercises performed through a combination of deep and shallow water. A safe place for all levels.

Yoga & Yoga Flow: Learn and master slow, controlled movements that serve to increase blood flow, balance, flexibility, strength, and mind-body connection.

Yoga with a Focus: This class is good for beginners or those who practice often. Focus on a "Pose of the Month". Each month students build skill and muscle memory in the selected pose.

Yogalates: A fusion of yoga and Pilates. It combines techniques of yoga focusing on stamina and balance with Pilates techniques to improve posture and stability.

Yoga HIIT: Yoga-inspired movements meet high-intensity intervals for strength, cardio, flexibility and balance.

Wing Tsun: Explore a close martial art with a focus on using speed, efficiency and tactile sensitivity rather than brute strength to overcome your opponent. Open to ages 16+.