

Class Descriptions

Band Challenge –

Using the tube as a prop, you will get that extra challenge to strengthen your arms, back, chest, core and legs. Be sure to pick a tube that works for your strength ability.

Burn & Tone –

This challenging sculpting class will compliment your Circuit workouts, by exercising the arms, chest, back, and legs for that extra tone and firm body.

Core Control –

Strengthen the mid-section of your body in this Yoga class. You will concentrate on developing a healthy tummy, back, and buttocks. Class consists of strengthening and conditioning the body's core. Do these exercises with control and at your own pace.

Easy Kick & Jab –

Cardio kickboxing is a great way to sweat out frustrations and burn fat. The moves are easy on the joints and there are no complicated routines to memorize. Tone your arms with high repetition punching drills and trim your hips and thighs with low, easy kicks. All level of participants will get results with this workout.

Full Body Blast –

This Yoga workout is designed to tighten and tone the entire body with a variety of postures and poses. Be sure to listen to your body and work at your own pace.

Low & Go –

Everyone will enjoy this traditional Low Impact workout! It's fun, uncomplicated, and easy on the joints. Build cardiovascular endurance, improve balance, increase your stamina, and burn fat.

Step It Up –

Step It Up is the ideal workout for those who want a bit of spirited stepping without all the complicated routines. This straightforward and athletic approach will also help new Steppers learn the basics while burning considerable calories and increasing their metabolism.

Yoga Poses –

This workout features postures for the advanced to intermediate Yoga practitioner. Some poses focus on flexibility while others focus on strength and balance. Participants should draw inspiration from their own accomplishments and take their time becoming familiar with the sequence.

RESERVED GPT-

We are starting our first set of Group Personal Training Classes this month and they will take place in the Group Exercise area of the club. On Mondays and Wednesdays during July, this area will be reserved for members who are participating in this program from 3:30-4:00 p.m. and also from 6:30-7:00 p.m. Our intention is not to inconvenience any of our members by doing this, but to add additional exercise and weight-loss options for you. Please let us know if you are interested in signing up for our next session.