



GROUP EX DROP IN CLASS DESCRIPTIONS

BEGINNER LINE DANCING +

Come learn and practice basic line dancing in a fun, friendly, laid back environment. No experience necessary, anybody can line dance! Feel free to try either (beginning or intermediate) class to find your comfort zone.

YOGA, EXTRA GENTLE +

This class provides an extra gentle, relaxed workout using an easy does it approach that is designed to improve posture, increase range of motion, flexibility, strength, along with breathing techniques. Participants in this class have the option of sitting or standing while exercising. This class is recommended for injury recovery and for people who have physical limitations.

ZUMBA GOLD +

This class takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting out their journey to a fit and healthy lifestyle.

BARRE ++

This class incorporates use of the ballet barre as a prop while doing exercises that focus on isometric strength training. Yoga, Pilates movements will also be included to give you that extra burn to achieve your wellness goals.

BEGINNER INDOOR CYCLING ++

This class will help introduce new riders to the basics of indoor cycling, including proper bike set up, body alignment and positions.

CREATIVE DANCE ++

This creative, non-impact class combines multiple styles of dance creating a fun, dynamic workout. A broad range of music, using simple choreography is suitable for all levels of fitness.

GROUP STRENGTH ++

Be strong. This course will focus on resistance training and will strengthen and tone all of the major muscle groups using barbells, dumbbells, gravity-based exercises resistance bands and more.

INTERMEDIATE LINE DANCING ++

Now that you can dance...we're going to kick it up a notch! Some prior experience helpful (any kind of dance). Dances will range from high beginner to intermediate.

KROC FIT BASIC ++

Kroc Fit is a class designed for mature adults and individuals at a basic fitness level. Come and increase stamina, total body strength, and balance.

PILATES FUSION ++

Pilates Fusion blends Pilates and yoga with a focus on core strength and balance. This fun and challenging class will balance intensity and relaxation.

TAG ++

This exciting class concentrates on specific toning exercises for your thighs, abs and glutes.

YOGA ++

Enjoy stretching and toning all muscle groups while you develop flexibility, strength and stamina. This class will enhance your physical and mental strength by linking flowing sequences of movement and breathing techniques.

YOGA, GENTLE ++

This class combines gentle stretching and toning movements with breathing techniques and is designed to improve flexibility, balance, range of motion, concentration, and muscle tone.

ZUMBA ++

This class is a fusion of Latin and International dance music themes that creates an exciting, unique and fun fitness class! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

ZUMBA GOLD TONING ++

Zumba Gold-Toning blends the Zumba party you love at a slower pace with a redefining total body workout using light weights to shake up those muscles.

BOOT CAMP FITNESS +++

This challenging strength and conditioning class will get you into peak physical condition by integrating functional strength training and TRX, cardio intervals and core strengthening. A wide range of indoor and outdoor drills (seasonally) will be the focus of this class.

GROUP FIT +++

Come and be challenged by this blend of resistance work and cardio intervals. This class will use a variety of resistance exercises and will incorporate dumbbells, elastic bands, gravity-based moves and stability balls.

INDOOR CYCLING +++

Hit the hills, power the sprints, and chase down the competition. Get awesome cardio workouts with this high energy, heart pounding, exhilarating class.

P90X LIVE +++

P90X Live is a high energy class. It is a pre-choreographed total-body strength and conditioning class that uses bodyweight and minimal equipment to include cardio, lower body and core.

WARRIOR STRENGTH +++

This is a total body workout divided into two sections for all levels. Cardio countdown is about maximal caloric expenditure and get pumped is the strength based section that will tighten, tone, lengthen and sculpt your muscles using body weight and minimal equipment.

WHICH DROP-IN CLASS IS RIGHT FOR ME?

Find the perfect class for your skill level. You also can always adjust your exercise level to match your fitness and capability.

GENTLE + Designed to be easier and the pace is at a slower tempo

ACTIVE ++ Designed to be more energetic, progressive, and challenging

HIGH +++ Designed to be strong and powerful; higher in intensity