

Exercise Class Descriptions

50/50 – Raise your heart rate with 50% cardio and 50% weight training. Exercises could include plyometrics, agility and intervals.

Body Blast - A full body workout combining cardio and resistance training to sculpt your body in ways that are safe, fun and effective.

Body Mechanix - This is a non-stop strength class focusing on learning new exercises and how to modify old ones to get a full body workout.

Cardio core – Increase your calorie burn in this cardio class with an addition of complete core work.

Full Body Fusion – Classes start with cardio and finish with Pilates and Yoga movements that will challenge the entire body with special emphasis on taking your core to the next level.

H.I.I.T IT – Fast paced metabolic conditioning class that will push your limits with high intensity cardio intervals using muscle defining moves.

Muscle Max - High impact cardio and strength intervals will keep your heart pounding as we move through all of the major muscle groups.

Power Cycle - This class is a great cardiovascular workout. Pedal through hill climbs, sprints, while incorporating some strength and resistance training too! This is a total body workout. All levels are welcome. Remember to bring a towel and water bottle!

Pump it – Looking to gain strength? This class will push you towards your goals with an emphasis on good form and functional movements. You'll primarily use free weights and gravity as resistance with some use of stability balls and bands thrown in.

Rock 'N' Roll Park Tour Challenge – A medium to high intensity class cardio interval class. This total body workout will focus primarily on cardio and strength. All skill levels welcome. A great start to your weekend!

Zumba Fit – Are you ready for a dance party to help get you in shape? This class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This class is a total workout combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.