

Class Descriptions

Attic 411: Functional training at its best. Learn proper technique from Personal Trainers in a hard core workout.

15 or 30 Minute Abs: Nothing soft about it. 10-15 minutes of hardcore abs.

Bootcamp: A high intensity, cardio and resistance training class that utilizes various equipment for a fun but challenging class.

Danceflow: This class is intense cardio fun! Mixes many genres of music and dance; come out and join the party!

H2O: A water aerobics class for all ages; includes strength and cardio training using water resistance and water weights.

Defend Together: An explosive cardio workout fueled by MMA moves. You are your own opponent in this high-energy experience that borrows training styles from mixed martial arts, kickboxing, Muay Thai, karate, functional athletic training and more!

Strength Train Together: Combines strength exercises and functional training moves, utilizing a barbell, weight plates, and your body weight, to make you fitter and stronger. High-rep training and athletic movements are key components of this results-driven workout!

Core Focus Together: Core Focus Together trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs!

Pilates: Pilates is a mat class that strengthens the "powerhouse" and improves flexibility. This core training class is appropriate for all fitness levels.

SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and includes skills for daily living. Hand-held weights, bands, and balls are used for resistance; a chair may be used for support.

Spin: An instructor-led class on indoor spin bikes that takes you on rides through flats and hills while you control the intensity.

Step: 45 minutes of heart pumping fun incorporating one of the fundamental pieces of group exercise equipment: the Step. This class is fast-paced and fun with choreography to keep you challenged.

T-Def: This class offers a full body workout improving cardiovascular health, muscular strength & endurance through weight training & body-weight exercises.

Yoga: Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength.

Zumba: A fuse of Latin rhythms and easy-to-follow moves to create a dynamic workout.

Pound: Pound is the alternative group fitness class inspired by drumming!

Pedaling for Parkinsons: A spin class designed to improve the quality of life of those diagnosed with Parkinson's disease.

Tai Chi: Tai Chi is a martial art that combines various martial arts movements with energy circulation, breathing, and stretching techniques.

Strength & Flexibility: This class offers a functional strength training, full body workout using body weight, barbells and dumbbells with an emphasis on yoga and pilates-based flexibility moves between muscle groups culminating in a total body restorative stretch at the end of the workout.