

Wellness Center Group Class Descriptions

Crafted to help you reach your health and fitness goals



Cardio



Strength Training



Flexibility Training

Cardio Abs

Hit the floor for everything core! Work it all from shoulders to hips and all the way around with a heart-rate increasing core workout. Work the first half and stretch the last half.

Equilibrium

Balance is the great equalizer! No one is exempt from balance issues. Equilibrium will take you through a series of achievable balance challenging movements to increase your stability. This is a barefoot or yoga sock class.

Exhale

Experience a pilates-inspired class with floor work for a strong core. Improve your abdominal and back strength, stand a little taller and increase your stability.

Functional Strength

Move through full-range movements with added weight training to have fun with an all-around fitness class.

Functional Yoga

Self-massage with balls and movement patterns incorporating strength, balance, and mobility with breath awareness. Benefits include improved joint stability, an increased range of motion, enhanced motor control, and a clearer state of mind.

Grit and Grace

The perfect marriage of strength, agility, and active recovery through yoga-inspired movements and boot camp drills that you love. Get sweaty and flexible at the same time.

HIIT Strong

Move through a variety of full-body exercises designed to increase muscular strength and agility in a High Intensity Interval Training class.

Line Dancing

Dancing your way to fit! You don't have to wait for a wedding to do all your favorite line dances. Shed those extra pounds and improve your cardiovascular health while having fun!

Monday / Weekday Reboot

To your Stations! This class offers a variety of exercises set up as a circuit to build muscle and cardio fitness. Use body weight movements as well as all-over weight training

Morning Wake Up

Groove to classic tunes as you dance and stretch to wake up for the day



Old School Aerobics ♥

Grab your leg warmers and get ready to sweat! Grapevines and hamstring curls are on tap for this high energy class.

Seated Body Flow

Want the benefits of Yoga in a seated class? Work through a series of yoga and yoga-inspired movements to increase your flexibility or the combination of flexibility and strength.

Seated Cardio Abs ♥

Don't like to hit the floor? This class is for you. Target your stabilizing muscles and burn some calories while you sculpt your abs, back, hips, and legs.

Silver Sneakers ♥

The perfect combination of cardio with strength training. Get your heart pumping with your favorite cardio moves then pump those muscles with light weight training.

Stability

Strengthen from your toes to your core as you gain confidence in your coordination, agility and ability to move. This class will include floor work, transitioning from seated to standing and down to the floor.

Strong and Fit ♥

Move through a variety of exercises designed to enhance your daily living by increasing muscular strength, range of movement, and functional fitness.

Tai Chi Level 1 / Level 2

This class uses the Yang Style 24 forms. Improve your balance and regulate the flow of energy in the meridians for the prevention of sickness and disease.

Tread ♥

Walk away those extra inches with a small group of friends. This is a 30-minute instructor-led treadmill class with fan-favorite tunes to make the minutes fly.

** Held on the Fitness Floor*

Walk It Out ♥

It is as easy as walking in place. Walk to the rhythm of the music with some fun walking drills in the comfort of the Group Fitness room. Have some fun and meet your cardio goals.

Zumba ♥

Salsa and mambo your way to fitness in this dance-inspired sweat-fest of a workout! Throw in some fun and effective exercises and you have Zumba!