

ONSITE FITNESS CLASSES

INTENSE

All Strength

Motivational music, support and guidance that incorporates a variety of multi-joint movements including squats, lunges, overhead shoulder press, push-ups and many more. Strengthen upper body, lower body and core using resistance bands, TRX, gliding disks, physioballs ... plus more!

Boot Camp

This extremely fun total body conditioning format focuses on using traditional calisthenics and strength training exercises using the body as resistance. We will increase strength and our overall calorie burn by incorporating power and endurance exercises. We try to take it outside, weather-permitting, to get a bit of fresh air and use our surrounding resources to our advantage! Again, all of the exercises can be modified for varying physical activity levels ... from beginner to expert!

Cardio JAM or Latin Cardio JAM

Dance your way to a healthier heart and lean physique while learning fun choreography – it's really more like a cardio party! We can add some Latin flavor and international music if you like. This cardio class energizes participants while providing great calorie burn and total body toning.

Cardio Boxing

No frills here! This class is a nonstop total body workout that encourages you to work at a high intensity. It concentrates on the use of core stability to develop good postures and internal muscular strength. The boxing movements, such as jabs and hooks, will give you an abdominal workout like no other! High repetition movements will be used to elevate your heart rate in order to develop a more efficient cardiovascular system, burn calories and increase the muscle tone of your arms, glutes, legs – everywhere! This fun-filled, easy-to-follow class will leave you wondering where time went and we promise you will have a blast.

Couch to 5k

Spring is coming early per the groundhog. What better way to start your spring and shake off winter blues than by training for a race with the side benefit of getting fit. This program is designed to help beginners get ready for their first 5k or maybe you lacked motivation this winter and need some incentive to get back out there. This class will focus on getting you ready in 10 weeks to jog or run a 5k. We will talk about everything from heart rate zones and running form to shoes. Experienced runners are welcome to join. This class will be held outside except for rainy days.

High-Intensity Interval Training (HIIT)

HIIT is excellent for its muscle-building and fat-burning benefits. All levels are invited to kick up their workouts up a notch with HIIT.

Power Pilates

This class provides a full body workout including core stabilization from a traditional Mat Pilates class. The addition of small equipment and a faster paced flow provides new challenges. Despite this twist, Power Pilates is a low-sweat format, making it an ideal midday workout.

Power Yoga

This class is taught more like a fitness format with additional strength and endurance challenges for added intensity. Look forward to a full body workout with the additional benefits of a mind-body class.