

Wellness Fitness



healthy bodies ❖ sound minds ❖ a safe place to work

Class Descriptions

ABS	Strengthen and tone your abdominal and lower back muscles
Basic Step	Up beat music and steps you can easily follow, combined with energy you'll not want to miss.
Advanced Step	An intense cardiovascular step class with stimulating routines and powerful moves.
Aerobic Basics	Floor aerobic class that can be performed in either high or low impact. (Low impact means both feet stay on the floor. High impact means both feet may leave the floor.) This class is ideal for any level.
Advanced Aerobics	Catchy Routines that will keep you going and going and going...
Body Sculpt	A muscle conditioning class for all, utilizing Various Weights and resistance equipment.
Cardio Kickboxing	Get a great cardiovascular workout doing punches, kicks and combinations.
Circuit Training	This cardiovascular class combines the best of both worlds. Participants will alternate between step or low impact aerobics and resistance training.
Endurance Builder	Build your endurance with high/low impact aerobics, weight training and kickboxing.

Indoor Cycling

An ideal class for any level. Simulates adventure and uses all of the muscles required for an outdoor bicycle workout while performed indoors on a specially designed stationary bike. Burn calories and increase your cardiovascular endurance with interval training, endurance, and strength journeys. Bring your water bottle and towels.

Martial Arts

Learn the concepts of marital arts. Workouts include strength conditioning, stretching coordination skills, endurance training, and over all mind and body fitness.

Core Strength

Utilizes exercises that develop core strength. Also involves strength training, coordination agility, flexibility, and breathing work. Core Strength also enhances balances.

Stability

With the use of various pieces of equipment, this class emphasizes the core muscle groups and the stabilizers. Good for all levels.

Step Sculpt

Step aerobics combined with segments of muscle conditioning using weights, bands, etc. This class is the perfect way to get a complete workout.

Outdoor Fitness Challenge

A seasonal class that challenges participants both aerobically and anaerobically. The class runs/walks to one of several designated spots around the city and performs athletic drills before running/walking back to the fitness center.

Yoga

Stretches and techniques emphasizing muscular strength, flexibility, posture and breathing.