



GROUP FITNESS CLASS DESCRIPTIONS

Cardio Sculpt Jazzercise

Feel lighter, stronger and happier after high-intensity, dance-based cardio followed by strength training and stretching.

Essentrics

Born out of ballet and physiotherapy, Essentrics makes you feel like a dancer as you seriously strengthen and stretch to beautiful music in this high intensity, no-impact class.

Zumba Gold

A modified Zumba class for all. This class recreates the original zumba moves you love at a lower intensity with great music!

Breathe + Flow Yoga

A vinyasa-style class focused on the importance of the intrinsic connection between our breath and movement. Builds heat and offers both challenge and deep relaxation for all levels of students.

Chair Cardio Strength

A cardiovascular and muscular strength improving class set to motivating music. Uses hand weights, small balls, bands and a chair in a fun and supportive group fitness atmosphere.

Gentle Flow Yoga

A slower paced yoga flow with modifications offered. Connects movement and breath while building up some heat, followed by more restorative and restful poses.

Sculpt Jazzercise

Build lean muscle in this strength training class. You'll squat, push-up and plank your way to total-body wellness with routines that sculpt and tone every muscle in your body.

Zumba

Zumba is set to latin and international music dance themes that create a dynamic, exciting, effective aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Chair Stretch

A yoga and balance class using a chair for stability and alignment. Relax, center and feel the joy of a healthy body and mind in a supportive and fun group fitness atmosphere.

Total Body Jam

This aerobics, kickboxing, and strength class gives your full body a morning kick.

Sitting Meditation

Learn how mindfulness meditation can support your mental, physical, and emotional wellbeing. We'll cover the factors that will help you to develop a regular meditation practice, including posture, breathing techniques, and how to deal with active minds.

On The Move

Group exercise for improved mobility in older adults. A 12-week course.