



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!

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.

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, dance, and strength class gives your full body a morning kick.

Nia

A powerful fusion of dance, martial arts, and mindfulness practices.

Drums Alive, Golden Beats

Fitness classes using drums and chairs for a great physical and mental workout.