

Aqua Fit- Resistance of water along with various pool equipment this workout will increase cardio capacity and help to build strength all while keeping your joints safe and healthy.
Aqua Strength- Pool weights, noodles and kickboards are used as resistance tools to build strength and improve muscle tone
Aqua Zumba- Dance your way to a healthier you. Zumba in the water is excellent for increasing agility and cardio capacity while being easy on the joints
Aqua-Aerobics- Low impact, and joint friendly dance and equipment based pool class with music movement at it's core.
Pool Volleyball - Member supervised pool volleyball games, uses a beach ball.
Dance- Low to Moderate impact, Varied intensity. Explore different styles of dance with classic and popular music to motivate you to be active and keep moving.
Cardio Dance - Dance themed aerobic workout.
Zumba- A fun dance workout where you can learn routines with exciting music while increasing your cardio capacity and agility
Zumba Gold- A lower impact, joint friendly dance workout where routines are perfected to some of your favorite songs
Cancer Survivor Fitness- More than just a workout this group is supportive and dedicated to regaining strength, mobility, balance and range of motion due to cancer treatments or surgeries, a gentle mix of strength, cardio, stretch and relaxation
Cardio Drumming- Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective
Cardio Kickboxing- a music driven workout combining kicks, blocks and punches to create a moderate to high intensity cardio class
HeartStrong- Dance, move and lift your way to better health. A perfect mix of strength and cardio combine to give you a great workout, low impact moderate intensity
PWR- Parkinson's Wellness Recovery- Sports fitness and more traditional activities such as strength, agility, balance, coordination and flexibility, designed for Parkinson's
Everyday Balance- work on improving your balance, posture and core strength in a variety of strengthening and lengthening exercises
Seated Strength- modified strength training made for beginning exercisers and those needing extra support
Fitness Barre- a hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training, lower weights, higher repetitions
Strength 101- beginner friendly and suited for the regular exerciser, build strength by using various resistance tools including dumbbells, bands, balls and even your own body
Strength NRG- total body workout using fitness balls, weights, bands and body weight as resistance. This workout includes standing and floor work
Strength- Strength exercises; squats, presses, curls combine to create a total body workout using various resistance tools including dumbbells, bands, balls and body weight
Strong Nation- Body weight, muscle conditioning, cardio and plyometrics set to music create this high intensity workout
Kettlebells- Low impact high intensity strength training using a kettlebell as your resistance tool
Boxing 101- This class will introduce new boxers to basic techniques including proper stance, safe execution of punches, kicks and simple combinations
Strength & Boxing- Sylwia's signature workout featuring an intense strength and cardio circuit as well as contact work on the boxing bags
Rock Steady Boxing- Evidence based wellness program for individuals with Parkinson's Disease or other neurological conditions, this class is done with a boxing theme
Yoga- enhance your mind body connection while increasing flexibility, strength and balance through stretching and deep breathing techniques
Yoga(chair assisted)- yoga postures modified and practiced while seated in a chair, learn deep breathing techniques while increasing your strength and flexibility
Stretch & Tone Yoga - Gentle full range of motion yoga flow.
Gentle Mat Pilates - Designed to improve physical strength, flexibility, and posture
Functional Strength - Exercise focused on incorporating functional movements from daily life.
Upper Body / Lower Body Strength - Moderate to high intensity standing strength program
Jiu Jitsu - "Registration only" outside organization sponsored sports / wellness class
Strength & Cardio - Aerobic and strength based class for most all levels.
Strength & Core - Strength based exercises with a focus on core strength and stability.
Tai Chi Chih- gently flowing moving meditation to help with pain management and daily stress reduction
Tai Chi- gentle flowing movements that are amazing for balance, strength and endurance
Rowing- Low impact, varied intensity, exercise using rowing machines for a total body workout
Cycle & Row- Low impact varied intensity cardio workout where half your time is spent rowing and half on the bike
Cycle- an energetic knee friendly cardio workout on the stationary cycles, upbeat music gets your heart rate soaring, choose between an upright or recumbent bike