

Cardio

Athletic Edge A 75-minute class designed for runners and triathletes. Focuses on interval training to improve your running: efficiency and speed. The end of class includes foam roller work. Class is held outside Spring through Fall. Class is held inside during the Winter. *Class meets under the mezzanine.

Step Get your cardio training in as our instructors break down the choreography into simple patterns. This workout is easy to follow, yet challenging enough to get a great cardiovascular workout!

Beginner Step Learn the basics of step aerobics so you can feel confident following the choreography while pumping up your heart rate.

Cycling

Cycling This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

Cycle Strength This is a combination cycling format where you'll spend some time on the bike increasing your cardiovascular endurance, then some time off the bike increasing your muscular strength. Perfect for new or advanced cyclists and lifters!

RPM® A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

SPRINT® A High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.



Collins Aerospace

REC CENTER

Mind/Body

Yoga Participants at ALL levels will be guided through series of yoga postures to improve flexibility, balance and muscular endurance. Yoga mats, straps and blocks are available in the classroom for use during class, but feel free to bring your own.

Yoga Flow This class emphasizes linking postures together to create a dynamic flow. Class may include sun salutations, standing poses, balance challenges and core work, concluding with seated poses and a final rest.

Yoga + Xtra Core Deepen your core strength with this yoga class that offers traditional yoga postures as well as challenging core focused exercises that will improve your core stamina and strength.

Silver Sneakers® Yoga Offers all the benefits of classic yoga by moving through a complete series of poses both seated and standing and ending with breathing and relaxation.

TRX
SUSPENSION TRAINING



Utilize the suspension trainer and your bodyweight to simultaneously develop strength, balance, flexibility and core stability. Control how much you want to challenge yourself by adjusting your body position accordingly. Each class is different!

Dance

Line Dancing Learn the basics or just come for the great exercise! You never need a partner, but feel free to bring along some friends and have a lot of fun. **offered Seasonally**

ZUMBA® Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

ZUMBA Gold® This class is for anyone looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

Group Fitness Class Descriptions 2024

SilverSneakers®
FITNESS



SilverSneakers Circuit® This class incorporates low-impact choreography alternated with standing upper body strength work using hand-held weights, elastic tubing with handles and a ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

SilverSneakers Classic® Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated exercises and standing support.

SilverSneakers Yoga® Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Strength

BODYPUMP® This Les Mills barbell class is based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music. Come at least 5 minutes prior to class to set up.

Metabolic Strength Training A dynamic mix of cardio and strength training using functional movements creates a highly effective workout. Use a mix of equipment ranging from battle ropes, kettlebells, barbells, dumbbells, to slam balls and more. Each class is different and instructors bring their own personality to each workout! Try different times and days to get a great variety in your weekly routine.

Muscle Works A total body strengthening workout doing compound & isolated exercises using resistance bands, dumbbells, bars, discs and body weight. This workout is perfect for any level as you pick your challenge level. Come feel your MUSCLES WORK!

Specialty Classes

Active 4 Life: Cardio is a moderate intensity, multicomponent class designed for older adults. It incorporates: floor aerobics, balance, flexibility and some bodyweight strength ONLY. This class will increase and decrease your heart rate so you get a cardio workout that is just right for you. You will have the option to use a chair during this class.

Active 4 Life: Strength is a moderate intensity, multicomponent class designed for older adults, although anyone can join. It incorporates: floor aerobics, balance, flexibility, and strength using hand weights and resistance bands. This class is designed for those looking for a little more intensity than a Silver Sneakers class. You will have the option to use a chair during this class.

Build & Burn + Core is a total body toning workout that will hit all muscle groups through compound lifting methods and low impact bursts of cardio to fire up your muscles and heart rate! This provides both strength and cardio benefits in a short amount of time. Last 10 minutes of class will be used to target and strengthen the entire core.

Core More than just crunches! This 15-minute class will target and strengthen the entire core.

Kickboxing \$ Increase your coordination and speed with classic kickboxing bag work. Classes will also incorporate strength training by using a variety of equipment. This is a high-impact and high-intensity class although modifications are available. If you are interested in joining kickboxing, contact the Program Manager to get started today.

Body Barre Pilates-based workout to shape and tone postural muscles while building core strength. High reps of small range-in-motion movements incorporating classic ballet positions creates this combination of cardio and strength will set the bar high!

Morning Madness is designed to give you a high-intensity cross training workout. No two classes are ever the same. You will use a variety of equipment in each class to keep your muscles guessing.
*Class meets at the north end of the 2nd basketball court

Tai Chi This class helps to reduce stress and improve balance. Class focuses on proper breathing and form.

Shotokan Karate is a combination of mental and physical training. Class structure is dynamic combining stable emotions, mental attitude, body posture and technique. All ability levels welcome.