

# Drop-In Fitness

**\* = a higher intensity class**

## **Group Cycling** **Cyclefit – 45 minutes**

An exciting and high energy group fitness class performed on stationary bicycles. The instructor will lead you through cycling drills using musical cues that will challenge your body and your mind. Beginner and advanced options provided. Please pick up a tag at the sales desk up to 30 minutes before class time. Limited Space.

## **Core/Stability** **BOSU – 45 minutes\***

Get a total body workout on the BOSU ball. This class incorporates aerobic and strength training routines, balance training, core training and stretching and flexibility. Come out and try this new class! Please pick up a tag at the sales desk up to 30 minutes before class time. Limited Space.

## **Core Control – 30 minutes**

A short and intense muscle conditioning class to strengthen your core stabilizer muscles (abs and back) to improve posture and balance.

## **Get on the Ball – 45 minutes**

Challenge your core muscles while improving balance, posture, body awareness and coordination. This is a total body workout that integrates traditional muscle conditioning exercises using bands and hand weights with the stability ball.

## **Strength & Stretch – 55 minutes**

This class is a complete body workout! This class incorporates core strengthening, balance exercises, as well as some yoga and pilates movements for flexibility. Great for everyone.

## **Choreographed Aerobics** **30/30/15 – 75 minutes**

Take the Hi/Lo Combo and combine it with 30 minutes of strength and 15 minutes of flexibility exercises and you've got 30/30/15!

## **Hi/Lo Combo – 55 minutes**

Hi/Lo Combo is an aerobics-based workout offering participants of all ages and fitness levels high- and low-impact options. This cardio workout combines choreographed moves with muscle conditioning and stretching.

## **Runfit – 45 minutes**

This aerobics-based workout focuses on cardio exercise to get the heart pumping. The class incorporates running drills with other choreographed moves as well as muscle conditioning and stretching.

## **Sculpt and Sweat – 45 minutes\***

This 45 minute class will keep your heart pumping! This choreographed class will keep you moving and sweating, guaranteed to keep your heart rate up. Come out and get a great workout!

**NEW**

## **Step – 45 minutes\***

Step aerobics offers a moderate- to high-intensity cardiovascular workout. Individuals can change the intensity of the class by altering the height of the platform used. This is a great full body workout. Come out and give it a try!

## **Yoga** **Hatha Yoga – 55 minutes**

A form of yoga that emphasizes specific postures in combination with controlled breathing. This class is great for both beginners and advanced participants.

## **Power Yoga – 55 Minutes**

A fast-paced, intense style of yoga where you constantly move from one pose to the next in a range of flow sequences. Emphasis of this yoga workout is on strength, flexibility, and endurance.

## **Yogafitness – 55 minutes**

This drop-in yoga class uses beginner and intermediate yoga asanas (postures) to help strengthen and lengthen every muscle in your body. Yogafitness is based on traditional Yoga practice and is designed to help you connect spirit, mind and body. This class will leave you feeling balanced, strong and flexible.

## **Family Time** **Family Fitness Challenge** **– 55 minutes**

A class designed for parents and children to have fun and be active together. A combination of games & activities to promote healthy living. Come as a family and get fit together. Children aged 5-10 years.

## **Family Yoga – 55 minutes**

This class is designed with families in mind- come out, stretch and relax your body.

## **Muscular Strength and** **Endurance** **Bootcamp- 45 minute\***

A higher intensity class that is designed to increase speed, build muscular strength and cardiovascular endurance. The ultimate fitness class with complete body conditioning!!

## **Boxfit – 45 minutes**

Get a great cardio workout while learning boxing moves, punches and kicks. All levels welcome.

**NEW**

## **Extreme Circuit Challenge** **– 30 minutes \***

Ready, Set, Go! Circuit training at its best, 45 seconds on -15 seconds rest. Work your entire body in 30 minutes. A high intensity workout for those who have a competitive edge.

