

AQUAFIT M 10 AM	Elaine Gunnink	A high energy aqual cardioclass that combines high and low impact move. All fitness levels welcome!
AQUA FITNESS T, TH 2 PM	Stacey Bogar	High energy low impact class uses water resistance, resistance bands and upbeat music to boost strength, balance and cardio - all in a supportive social environment. Perfect for all fitness levels.
BANDS & CORE T 8 AM	Lisa DeFalco	A fun, full-body session focused on building strength, stability and flexibility using resistance bands and core-focused movements. Suitable for all fitness levels.
BEGINNER TAI CHI M 2PM CONTINUOUS TAI CHI W 2PM	Marty Finkelstein	Beginner Tai Chi is a low-impact exercise that combines slow, flowing movements, deep breathing and mindfulness to improve balance, flexibility and strength. Continuous Tai Chi practices Tai Chi 10 Form.
BODY BLAST M 3 PM T, TH 10 AM	Lorraine Beaver	Work all muscle groups using high volume reps & low resistance with hand weights - a great workout geared to improving muscle tone & definition. Bring your mat and water.
BOOT CAMP M 8 AM	Lisa DeFalco	This class combines strength, endurance and agility exercises to help you build muscle, burn fat and improve overall fitness.
CLASSIC FITNESS T TH 11 AM	Lois Bossert	Low impact aerobics set to music, with 20 minutes of muscle toning using hand weights and/or stretch resistance bands followed by stretch and relaxation.
FIT & STRONG T, TH 8 AM	Mari Palenzuelos	This class is ideal for beginners. Increase strength, agility, balance, coordination and range of motion. We use hand weights, resistance bands and balls. Chairs can be used to assist with balance.
FITNESS INTERVAL TRAINING SA 7 AM	Jill Shea	FIT delivers a dynamic full-body session with easy-to-follow cardio and strength intervals, followed by targeted core work and finishing with stretching. It's the perfect combination for an effective and balanced work-out.
GENTLE YOGA SA 9:15	Gail Johnson	Experience a slower paced Hatha Yoga practice, which is not intense or strenuous on the body and is appropriate for men and women. The session is followed by a guided deep relaxation.
GOLF STRETCH/MOBILITY TH 9 AM, 3PM	Nick Siebert	Learn proper movement and stretching techniques to reduce injury risk, improve rotational mobility in the hips, spine and trail arm and increase club head speed for better drives and distance.
HATHA YOGA M, W 8 AM	Todd Combs	Hatha Yoga is a simpler Yoga practice with more static postures to unite and balance the body and mind. Our focus will be core, balance and stretching to leave you invigorated.
HIIT - INTERVALS	Elaine Gunnink	This HIIT class will focus on cardio, strength and core intervals that will tone and provide a full-body workout. A great start to your day.
HIIT - WEIGHTS F 10 AM	Karie Delos Santos	High intensity interval training using dumbbells & kettlebells. Short bursts of strength exercises with brief recovery periods, blending cardio and resistance training for maximum efficiency.
INTRO TO KARATE TH 2 PM	John Evans	A great introduction to all the benefits of Karate! You will boost your strength, balance and breathing techniques.
KARATE M 4 PM T, TH, F 3 PM	Stan Herum	Gain physical, psychological and emotional benefits, including breathing, power, stretching and self defense in progressive classes. Class is taught by Black Belt Sensei, Stan Herum.
MARTIAL ARTS FOR WOMEN T 2 PM	Shari Rodgers	With a backdrop of physical and emotional benefits, you will work on breathing, power and stretching. An added benefit will be learning some self-defense moves, furthering your self confidence.
MAT PILATES FITNESS M, W 10 AM, F, 7AM	Carla Espinosa	Pilates is a strengthening, lengthening form that focuses on core muscles and improving stability. Bands, exercise balls, sliders and small weights may be used to level-up your Pilates experience.
PICKLEBALL STRETCH/MOBILITY TH 2 PM	Nick Siebert	Focus on improving mobility and flexibility in hips, shoulders and back to prevent injury and enhance performance. Learn proper warm-up and recovery techniques to take your game to the courts while reducing wear on your body.
SENIOR STRENGTH & BALANCE M, W 9 AM F, 11 AM	Todd Combs	Target audience is adults 60+ concerned about falling or those who may have fallen in the past and have restricted their activities due to concerns about falling. Improve strength, coordination & balance.
SIT & GET FIT T, TH 12 PM	Lois Bossert	A variety of exercises, using hand weights & resistance bands, designed to increase muscular strength, range of movement, & activity for daily living skills. A chair is used for seated and/or standing support.
SOFT FLOW YOGA F 8 AM	Paula Beacom	Traditional Yoga poses with moderate effort and without strain. Variations to suit all levels while focusing on alignment, breathing and developing flexibility and stamina.
SPORTS CONDITIONING W 3 PM	Lorraine Beaver	Transform and challenge your muscles with STRETCH-FLEX-ABS-BALANCE. See an improvement in your golf, pickleball, tennis and softball abilities. Bring a yoga mat and water.
STEP & CORE TH 8 AM	Lisa DeFalco	This dynamic class blends step aerobics with targeted strength training & low-impact cardio using a step platform and transitions to core exercises using body weight, resistance bands or light weights.
TOTAL BODY WORK-OUT M, W 9 AM	Lois Bossert	A total body work-out for all set to invigorating music. This class uses hand weights and resistance bands, along with low impact aerobic movements for full body toning.
TRX 45 T, TH 9AM TRX HYBRID M, W 10:15 AM	Mari Palenzuelos	TRX-45 uses suspension straps to leverage body weight to build core & stability. Great for all fitness levels. The "Hybrid" approach also uses other equipment to target overall strength, endurance & fitness. Bring your mat!
VINYASA YOGA M, W 11 AM	Mari Palenzuelos	Vinyasa Flow Yoga is faster paced & focuses on linking poses together in a fluid way. Settle into therapeutic poses that encourage meditative movement and breathing techniques to release tension and quiet the mind.
YOGA STRETCH TU 4 PM, SA 8 AM	Jill Shea	Experience a slow-paced gentle yoga practice focusing on improving mobility, flexibility, releasing tension, and create space for deeper breathing and a calm, focused mind.
ZUMBA T, F 9 AM	Mae Weraetz	Zumba is a FUN interval dance workout Latin & contemporary rhythms to tone and increase muscle endurance. Get your heart rate up & boost cardio endurance. All fitness levels welcome!
ZUMBA TONING M 12 PM	Karie Delos Santos	Dance fitness that blends traditional Zumba rhythms with strength training using light weight toning sticks to sculpt and tone muscles in the arms, core and legs while burning calories in a fun, party-like work-out.