

Class Descriptions

POWER	This barbell class is proven to strengthen your entire body. Great music and awesome instructors will give you an endurance workout that challenges all of your major muscle groups by using variable weight to squat, press, lift, and curl your way to the results you are looking for!
Kick'n'Abs	Empowering cardio workout with exercises inspired by Kick-boxing and Martial Arts. Supported by driving music, you will strike, punch, and kick your way through calories to superior cardio fitness! Then finish off your workout with a blast for your abs!
Silver Strength Silver Yoga	Fun, energetic workouts specifically designed for our "silver" exercisers! Silver Strength focuses on toning our muscles to prevent injury and improve bone density. Yoga is a core conditioning class that enhances our range of motion, improve balance and keep us both mentally and physically fit.
BOOT CAMP	Ready to see results quick? Join us for this total body blast workout! Discover your inner athlete as you attack and conquer this challenging workout that targets total body conditioning and body fat loss. This powerful workout will have you feeling the burn and enjoying the best strength of your life afterwards!
Step Up!	Musically based cardio workout incorporates height-adjustable benches and fun, aerobic moves on, over and around the step! Burn calories to the beat and get charged up! This class gives you huge motivation and sing-along music to push calorie-burning and muscle-toning into high gear!
Yoga	All of our Yoga workouts will strengthen and tone muscles while improving flexibility. Enhance mental clarity and achieve better balance in life on your journey of self-discovery as this class finishes with relaxation and aromatherapy. Yoga classes are 1 hour. Yoga+ is 1.5 hours.
PILATES Ball	Mat and Stability Ball combination class designed to shape the body through core strengthening exercises. You will notice improved posture and tension reduction with the flowing movements of this class. Great for mind and body!
Group Cycle	Indoor cycling workout where you ride to the rhythm of powerful music. Your inspiring coach will lead you through training intervals that will include peaks and valleys, hills and mountains, and time trials. Become a cycle warrior while you sweat and burn tons of calories!
	Enjoy the rhythms of dance music while you sweat your calories away! One of the latest workout crazes to hit the fitness scene, Zumba comes packed with dance moves inspired by Latin and African rhythms to help you experience a party-like environment while you work out!
Water Works	This low-impact, cardio workout leaves you feeling invigorated and refreshed. Improve posture and strengthen your core using water resistance while floatation noodles and barbells are used for deep water work. All swimming abilities are encouraged to try this stress and strain-free class! Enjoy the warm pool temperature of the Recreation Center at Hillside pool.
Oxycise	Rev up your metabolism and have more energy using a combination of oxygen pumping through your body and light yoga and strength exercises. Led by a personal trainer, this 30-minute class is just enough to help you feel great and look forward to working out.

* In efforts to serve you better, we strive to never cancel classes due to instructor inavailability. Therefore, there may sometimes be class offerings that are not the discipline listed on the schedule, but it will be a comparable offering. Thank you!

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