

AQUA FITNESS T, TH 2 PM	Stacey Bogarr	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.
BALANCED MOTION	Lisa DeFalco	Low impact mixed aerobics performed while standing. The second half focuses on strength, flexibility & balance. Some exercises are on the floor, so bring a mat! All fitness levels welcome!
BEGINNER KARATE T, TH 2PM	John Evans	Improve balance, coordination, focus & overall well-being. No experience needed-we start with simple movements and gradually build toward precision, flow, confidence & protection from stumbles & falls.
BEGINNER TAI CHI W, 2PM	Marty Finkelstein	A low-impact exercise that combines slow, flowing movements, deep breathing and mindfulness to improve balance, flexibility and strength. Tai Chi is good for stress relief and is often described as "Meditation in Motion."
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.
CIRCUIT STRENGTH	Lisa DeFalco	A full body warm-up which transitions into multiple stations targeting different muscle groups to challenge & tone your body. Core-focused exercises and a gentle cool-down to finish. Modifications offered if needed. Bring a mat!
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. Chairs can be used if desired.
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 AM	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.
GENTLE YOGA STRETCH F, SA - 8 AM	Mark Mandel	Experience a slower paced, disciplined & comfortable effort of Yoga and stretching. This Yoga session is 55 minutes and is appropriate for both men and women and all fitness levels.
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.
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.
MAT PILATES FITNESS M, W 10 AM, F, 7AM	Carla Espinosa	Pilates is a strenthening, 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.
SENIOR STRENGTH & BALANCE M, W 9 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.
SILVER SNEAKERS 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.
SPORTS CONDITIONING W 3PM	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 & STRENGTH TH 9 AM	Lisa DeFalco	This dynamic class blends step aerobics with targeted strength training & low-impact cardio using a step platform and transitions to strength exercises using body weight, resistance bands or light hand weights. 20 - 30 minutes of cardio.
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 and fitness.
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.
ZUMBA T, F 9 AM	Mae Weravetz	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!