

AEROBIC CLASSES

Step & Glide - A high intensity workout stepping up, down, around and over an adjustable platform. This class is an incredible cardio workout coupled with the new GLIDERS for added muscle conditioning. Great for the legs!

Bosu Cardio Glide – Get ready to step, BOSU and hi-lo your way to an awesome cardio workout. Finish this class with our new GLIDERS for a total body workout.

Muscle Force - An intense muscle conditioning/sculpting workout using hand weights, tubing, resist-a-balls and resistance techniques.

AeroStep – With an emphasis on cardiovascular work, this class will get your heart pumping! Aerostep incorporates a mixture of Step and Hi/Lo Impact aerobics... some of the best exercises to help shed those unwanted pounds.

Fit 4 All - Get ready to sweat with a workout designed for seniors and those new to Group Fitness. This class incorporates smooth transitions and moderate intensity with extra stretching and an emphasis on enhancing endurance.

Flexible Strength – This class includes total body strengthening, balance and relaxation techniques; key components of a well-balanced fitness program. Come tune the body and tone the mind!

Fit Camp- This is a fundamental yet invigorating class with an athletic twist that can include jumping rope, kickboxing, aerobics, circuit, and/or strength training.

Abs Class- This is 15 min. of intense abdominal work! Add a new twist to your abdominal routine and you are on your way to awesome abs!

20/20/20- If you're looking for a great cardio workout...you've found it! 20 min. of step aerobics, 20 min. of GLIDERS and 20 min. of Fit Camp drills.

Power Pump- Power Pump is a muscle conditioning class combining strength and endurance training using adjustable barbells to increase lean body mass, muscle tone, and increase metabolism by working the whole body in one hour!

Zumba- is a fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body; maximizing caloric output, fat burning and total body toning! Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries! ***Zumba Gold***: for the active adult or if you are new to exercise.

Interval Conditioning- This class combines aerobic and anaerobic intervals targeting muscular strength, endurance, and cardiovascular stamina to give you an intense workout.

Kickboxing- Learn the fundamentals of kickboxing and get ready for a great cardio workout! Burn those extra calories while you kick your stress good bye!

CYCLE CLASSES

Please pick up a "Rules of the Road" information sheet at the front desk before attending your first class.

Cycling - Indoor group cycling is an incredible low-impact cardiovascular workout that targets the lower body. This class can be modified for most fitness levels.

75 Min Cycle: For increased endurance, lengthen your ride with a 75 min cycle class. For 75 minute classes, please bring extra water for hydration.

Cycle Sculpt- A new twist to your cycling classes! Get the same great cardio workout + 20 minutes of upper-body sculpting and abdominals. This class hits it all.

MIND & BODY MOVEMENT

Yoga - If physical and mental well being is your goal, come join one of the hottest programs. Yoga will teach you ways to reduce tension and stress by teaching proper breathing, stretching and relaxation techniques.

Gentle Yoga – This is a great introduction to Yoga. Gentle Yoga is perfect for beginners, seniors, or anyone who needs to relax.

Power Yoga - Add an element of strength and conditioning to your Yoga practice. This class is great for those looking to advance their strength in Yoga practice.

Mat Pilates – This body conditioning class focuses on core strength while working to improve flexibility. Come see what everyone is talking about. **Pilates I, II, III** designates progression levels and intensity of class.

New to Pilates? Try our **Pilates Intro** class, Every 3rd Saturday.

Yogalates- We have combined the best of both classes! Get the flexibility benefits of Yoga coupled with the strength gains made in Mat Pilates and you have a Yogalates.

*If you are a New Member or new to Pilates we suggest that you start with our **Pilates Intro class** and then progress to Pilates levels I-III. If you are new to Yoga we suggest starting with a Gentle Yoga class and progressing to our regular Yoga classes.*

Power Yoga is an advanced class; prior Yoga experience is strongly suggested.

PILATES STUDIO

Private & Semi-Private Pilates Reformer sessions available by appointment only. See Pilates Menu at front desk for information & pricing.

If you have any additional questions,
Please call Terri Shulman 352-241-7144 ext. 4204

GROUP FITNESS CLASS SCHEDULE

STRENGTH~FLEXIBILITY~ENDURANCE

AQUA~SPECIALTY~CYCLING

Effective April, 2008



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Sports, Health & Fitness