

ADVANCED TAI CHI: You must have completed at least 3 months of Tai Chi Flow before you join this class.

BALANCE YOGA: Standing yoga poses and balance exercises holding chair as needed for balance. Strong legs equal better balance!

BARRE FUSION: Total standing body workout using the ballet barre, combining movements of Ballet/Pilates.

BARRE YOGA: Standing yoga poses, holding ballet barre for balance as needed. Great for beginners.

BEGINNING TAI CHI: Learn the basics of Tai Chi, a gentle practice of slow and flowing movements, controlled breathing and focused attention. May be done seated or standing.

CARDIO INTERVALS: Alternating bouts of strength and cardio throughout the class.

CHAIR YOGA: Gentle seated Yoga focusing on stretching and strengthening.

CHAIR ZUMBA/TONE: Suitable for those with mobility or balance issues, you can sit and dance to exhilarating Latin/Caribbean/popular music. Tone includes using light weights.

CHAIR PILATES: Pilates exercises done while seated.

GENTLE YOGA: Gentler style of hatha yoga, performed at a slower pace with less intense positions. Modifications given to help people of all fitness levels. Must be able to get on/off mat although no standing.

LOW IMPACT AEROBICS: Improve endurance, burn calories, and have fun with easy-to-follow minimal impact moves.

PILATES: Strengthen your core with mat exercises, designed to improve flexibility, strength, and balance.

RELAX & RELEASE: Relax, release and regroup mind, body and soul to promote flexibility, strength and inner calm. Wednesday class is on a mat, Friday class is seated in a chair.

ROCK BOTTOM/FAB ABS: Strengthen and tone lower body and core with targeted exercises, ending with a stretch.

SCULPT/TONE/FUSION: Get strong, improve your circulation, metabolism, and caloric burn, while defining muscles. Fusion incorporates some barre movements.

SIT&FIT: Stay in shape, increase metabolism, and improve muscle strength and tone while seated but active. (Tuesdays using bands)

STRETCH/MOBILITY: Improve flexibility and range of motion by combining stretching techniques with mobility exercises while seated. Wednesdays and Thursdays this class is done in the yellow room on a mat on the floor.

TAI CHI FLOW: Flowing series of standing, gentle exercises to develop balance, coordination, strength, and flexibility, while decreasing stress and anxiety.

WATER AEROBICS: A blend of cardio and strength workout using the resistance of the water.

YOGA FIT: Relaxing and strengthening class combining yoga poses with flexibility and strength exercises.

YOGA SLOW FLOW: Poses flow from one to another in conjunction with breath. Must be able to get on/off mat.

ZUMBA/GOLD/TONE: Fun, exhilarating, effective and easy to follow calorie burning dance party. Gold is a slower pace. Tone using light weights to tone muscles.

20/20: Twenty minutes of low impact aerobics, followed by twenty minutes of strength.