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| AQUAFIT M 10 AM | Elaine Gunnink | A high energy aqua cardio class that combines high and low impact moves. 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. |
| BARBELL M, W 8 AM | Lisa Defalco | High repetition, full body strength class to build muscle, improve conditioning and increase total body strength using a barbell and weight plates. Set to music to guide tempo for maximum endurance benefits. |
| 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. Conitnuous 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. |
| 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. |
| CYCLE WITH LISA T, TH 10 AM RESERVATION REQUIRED | Lisa Defalco | A high energy rhythm based cycling class set to the beat of motivational music. Riders move in sync with the tempo while incorporating upper body exercises and powerful leg work. Build cardio fitness and tone muscles. Bring water!! |
| CYCLE WITH STEPH T, TH 3:15 PM RESERVATION REQUIRED | Stephenie Sacca | Music guides you through this high intensity, low impact workout. All levels can enjoy this class; you control your ride with how much resistance you decide. Bring lots of water and a towel. |
| 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 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. |
| GOLF STRETCH/MOBILIUTY TH 9 AM | Nick Siebert | Learn proper movement and stretching techniques to reduce injury risk, improve rotational mobility in the hips, spine and trail arm and increasse 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 - WEIGHTS M, 5PM F 10 AM | Karie Delos Santos | High intensity interval training using dembbells & kettlebells. Short bursts of strength exercises with brief recovery periods, blending cardio and resistance training for maximum efficiency. |
| KARATE M 4 PM T 2 PM, 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. |
| POWER PUNCH W 3:30 PM | Sharon Ryan | This class focuses on those with Parkinson's or other disabilities. Non-contact boxing drills, strength and balance exercises to enhance agility, coordination and confidence |
| 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. |

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| 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. |
| SPIN WITH MARI M, W 11 AM RESERVATION REQUIRED | Mari Palenzuelos | Intervals of intense pedaling consisting of sprints, climbs and recovery. Instructor guides resistance levels and pace to simulate outdoor riding. Improve cardio fitness, endurance and leg strength. Bring water and a towel. |
| 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. |
| 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 RESERVATION REQUIRED | Mari Palenzuelos | TRX 45 uses suspension straps to leverage body weight to build core and stability. |
| TRX HYBRID M, W 10:15 AM | Mari Palenzuelos | TRX "Hybrid" approach also uses other equipment during the session to target overall strength, endurance and fitness. Bring your mat. |
| VINYASA YOGA M 12 NOON | 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. |