

Fitness Class Descriptions

Boot Camp

Thursday 10:45am- Melissa Durinsky

This fiercely energetic program is inspired by both martial arts and revolutionary core conditioning. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Cardio Core

Thursday, 8:45am– Susan Lozier

Bring the toys out of the box to increase muscle mass, loose body fat, and increase your metabolism. This fast-paced class will use a variety of fitness tools - kettle bells, foam rollers, tubing, stability and medicine balls - to increase cardiovascular health and core strength.

Cardio Interval

Tuesday, 8:45am- Susan Lozier

This class is “the total package”. Guaranteed to increase or maintain aerobic capacity, muscular strength and flexibility, core strength, stability and balance.

Cardio Mix

Monday 9:15am- Melissa Durinsky

This high-energy interval training class lets you choose just how hard you work. It is the sometimes sports-inspired, sometimes dance-inspired cardio workout for building strength and stamina. This class combines athletic aerobic movements with strength and stabilization exercises.

Core Fusion

Tuesday, 10:00am—Susan Lozier

Strengthen your abdominals, mid and lower back, and increase functional flexibility through a fusion of Pilates, yoga, and core strength exercises.

Deep Water Aerobics

Tuesday and Thursday, 4:00pm—Carol Weiss

Using a weighted belt, you will work your entire body without any pressure to your joints (knees, hips, ankles and lower back). This class is ideal for people with knee, hip or lower back problems.

Flow Yoga

Thursday, 9:00am – Natasha Stevens

Awaken your body with full sun salutations and then experience release and new flexibility through a broader range of seated poses, twists, forward and back bends and inversions. Suitable for those looking to expand, refine and develop their yoga practice.

Gentle Yoga

Monday, 8:30am—Stacey Abbatista

Class is in Live Oak Hall

This is a great way to learn the yoga positions, increase flexibility, promote spinal health and reduce stress. This class combines gentle movement with the breath followed by a deep relaxation and is perfect for beginners and ALL levels.

Gentle and Restorative Yoga

Wednesday, 4:00pm- Natasha Stevens

Class is in Live Oak Hall

Relieve fatigue and stress, promote well-being, and bring healing balance into your life through a range of gentle movement, breathing and supported postures.

Get Pumped

Wednesday, 9:15am & Friday, 10:30am- Melissa Durinsky

This is an original free weight class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and motivating instruction to inspire you to get the results you came for - and fast!

Meditation

Friday, 11:30am – Sarshar A. Khan

Meditation has been widely used in many cultures since ancient times as an effective means of reducing stress and improving health and a sense of well-being on a durable basis. The class will provide detailed instructions and guided practice of meditation

Pilates

Saturday, 8:30am—Kelly Bowling Gricunas

This is a full body workout with an emphasis on “core” stability which tones abs and strengthens the back.

Splashers

Monday & Wednesday, 8:30am- Kelly Bowling Gricunas

Splashers is a low impact water aerobic and stretching class. Our goal is to strengthen and add flexibility to the body. This is a noncompetitive class using exercise as a positive tool for being mentally and physically fit.

Tap

Monday, 12:00pm, Tiffany Gauch DiPrima

This class will teach you the basics and have you dancing it up in no time! This is a fun way to get some exercise while learning one of the greatest dance disciplines of our time.

Total Body Toning

Monday & Wednesday, 11:00am- Kelly Bowling Gricunas

This medium paced class will emphasize toning exercises that target muscle strength and stability from the core while incorporating other major body muscle groups simultaneously.

Water Aerobics

Tuesday, Thursday & Friday, 8:30am- Carol Weiss

This is a fun cardio workout with upper body strengthening and stretching. This class will help to relieve stress all while splashing your way to better health.

All classes are 60 minutes.