

Cardio & Toning

Water Aerobics

Deep and shallow water low-impact exercises. Focus on core strength, conditioning, endurance, and all-over toning.

POUND

Using Ripstix, lightly weighted drumsticks for exercising, POUND transforms drumming into a fun, effective workout.

Dance

Ballroom Dancing: The Next Steps

This is a follow-up class to Ballroom Dancing. Continue practicing basic dances and learn new moves to add style and flair to dance floor fun.

Hoop Dance

Incorporates creative movement that goes beyond waist hooping. Hoop Dance is an excellent core/full-body workout. Hoops provided to participants, no experience necessary!

Kangoo Dance

An entertaining, challenging, and unique exercise using Rebound Shoes. Burn calories, improve your strength and balance, and have fun while you jump!

Zumba

A fusion of Latin and International music. This class combines high-energy and motivating music with unique moves and combinations. Great for all skill levels.

Zumba Gold

This class will get your body moving with easy-to-follow, low-impact dance steps. Dance your way to better health. Great for the active, older adult.

Yoga

Gentle Yoga

A combination of basic poses and a slower flow through creative sequencing work to unlock body tension, strengthen your core and tune into personal peace. Perfect for any skill level.

Basic Yoga

Discover your inner yogi in a class that builds strength and body awareness. Begin with gentle stretching and move on to holding poses, working the body from head to toe.