

Group Exercise Class Descriptions

Step - Ken / Charturah / Denise

Come get your heart pumping and body sweating on an adjustable platform bench.

Our step classes are fun and challenging for all levels of steppers! Inform instructor if you are new to class.

Boot camp - Ken / Allen / Charturah (Advance)

It's back to basics with jumping rope, medicine balls, and calisthenics. Out door work included weather permitting. This is a complete body workout. Everybody works at their own pace!

Body Sculpt - Susan

Challenge and push your body to a new level. This class targets all major muscle groups of the body utilizing dumbbells, body bars, resistance bands and more.

Body Workshop - Kathy

This workshop keeps your muscles guessing - "no plateau" effect here!

A constantly changing format of strength and cardio to stimulate weight loss and increase strength.

Piloga - Kathy

Dynamic yoga poses combined with deep muscle toning effects of Pilates

Strength, flexibility, stamina and balance are all improved upon in this mind body class.

Gentle Yoga - Robin / Denise

Calm your mind as you relieve the stress of the day. Gradually increase your range of motion with basic and easy to learn yoga poses. This class is beginner friendly.

Yoga - Susan / Robin

All levels

Quiet the mind and enjoy the stillness and relieve yourself of daily stress.

Focus is on breath as you improve flexibility, balance, strength and concentration.

Zumba - Guisell Charturah Susan

Latin-inspired, easy to follow, calorie-burning and designed for all levels of fitness! Fun Fun Fun!!!

Kick Box - Guisell / Denise

combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning.

Practicing kickboxing moves can also help to improve balance, flexibility, coordination, and endurance.

H2O Classes - Whether you're recovering from an injury, new to exercise or just love the water...

Enjoy a challenging water exercise class! (See Aquatic schedule)

Shallow water exercise emphasizes stretching and strengthening of the muscles and for individuals wanting to lose weight and gain muscle tone. No swimming ability is needed.

Exercising in the water is less stressful to the joints and is especially suited for people attempting to regain strength and flexibility after an injury or surgery. Try it!

***All Classes are Free with a Sportsplex membership or \$7.00 day pass.
A day pass also includes use of fitness room and public session pool hours.**

Revised Dec 11 Contact Denise Carr for more information at 862-8480