

Fitness Class Descriptions

Advanced Weight Training

Get ready for the week with Monday's "Advanced Weight Training". In this class, we will use free-weights or machines performing more advanced lifting techniques, such as "pyramids", "super-sets", "drop-sets", etc. This class is for anyone who wants to take their current lifting program to the next level.

C & CC (Cardio and Core Circuit)

Join us in the middle of the week for this 45-minute circuit of cardio and core exercises. Work through a variety of circuits that will increase your heart rate, burn calories, and work your abdominal, gluteal, and back muscles.

Bodies Under Construction

Improve your strength and burn calories in this fun and effective 45-minute class. You will learn and utilize the basic principles of strength training while working each muscle group, helping tone each muscle in your body. Be ready to see results, because your body will soon be under construction!

Capitol Club

Since the weather has finally turned warm, we will once again go to the Capitol to use the stairs and hills to get a great cardiovascular workout. Sometimes we will take weights with us, but either way, come prepared with hat, sunglasses, sunscreen, and WATER. Anyone is welcome to join us for this fun Thursday class.

"Arms and Abs" and "Legs and Back"

Don't have time for a 45-minute workout? Twenty minutes is better than nothing, so participate in either of Thursday's classes for a quick workout. "Arms and Abs" includes a quick warm-up, then we will utilize free weights, fitness tubes, and fitness balls to workout your biceps, shoulder, chest, back, triceps, and your abdominal muscles. Join us from 12:00 – 12:20 to work your upper body and stomach. "Legs and Back" will focus on the lower-half of your body. We will work on our quadriceps, hamstrings, inner and outer thighs, calves, glutes, and lower back. Join us from 12:20 – 12:40 to work these muscles.

Hatha Yoga

Improve your posture, muscle tone and flexibility through this yoga class. For cost and registration information, see the staff.

Power Yoga

Participate in this heart-pumping, challenging yoga class that focuses on breath and movement through each yoga pose. For cost and registration information, see the staff.