AOUATICS



Love the water & variety? This class will include elements of cardio, stability, flexibility, strength & balance, even incorporating dance to provide a refreshing & fun workout.



Using the noodle for a full body aerobic workout; you'll push, pull, float & balance on it to get an awesome workout!

Low-impact exercise that adapts yoga poses in the water to improve flexibility, balance, strength, & range of motion while alternating gentle movement with static stretching.



Splash offers shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability required. Ideal for those with arthritis, as this class consists of range of motion, strengthening, & endurance exercises.

CYCLING







Experience the heart-pumping, sweat-pouring, fat-burning benefits of cycle that will keep you coming back for more. Incorporating jumps, climbs, sprints & heart rate-boosting fatburning intervals.

CYCLE 360





Adds variety to the everyday cycling class & provides a total body workout by combining the aerobic work of cycling with OFF the bike strength & core training-get the best of three formats in a single class, balancing muscles & avoiding burnout.



Short on time? Make sure you bring the energy to this 30minute ride because before you know it, you'll be done!

SII VERSNEAKERS CLASSIC® 👝 🦱 🧼 🥏

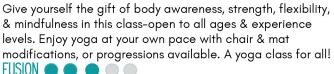


of motion & improve activities for daily living. Use a chair for seated exercises & standing support. Class can be modified depending on fitness levels.

SilverSneakers® SilverSneakers® card holders, regular pricing applies to others

PILATES / YOGA





Everything you love about Barre, Pilates, & Yoga all in one class! Strengthen, tone, stretch & more in this class that hits it all.

STRENGTH & CONDITIONING



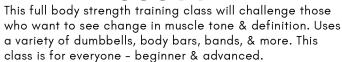






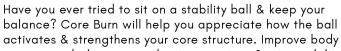
A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, & using the ball & body bars. A great all-in-one workout incorporating cardiovascular, flexibility, & strength training!

CIRCUIT STRENGTH



CORE BURN



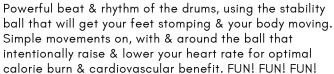


awareness, balance, coordination, posture & joint mobility while using abdominal muscles you never knew you had.

DRUMS ALIVE







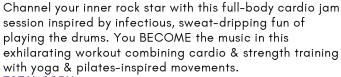
POUND® • • • •







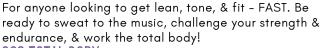




TOTAL BODY







360 TOTAL BODY



This class will incorporate the step 360 along with hand weights, bands & body bars to work all muscle groups as we increase strength, balance & flexibility while challenging our core muscles with each movement.

MOVE & GROOVE

Get groovy while mixing low-intensity & high-intensity moves for an interval-style, calorie-burning session that will feel more like a dance party than a workout!

moderate









Password for RingCentral will change at noon on November 3rd.
On Demand Classes and RingCentral password available to GET FIT members only.