

GROUP FITNESS

CLASS DESCRIPTIONS



BACK TO BASICS

This is a low-impact muscle and cardio class for beginners and intermediates. Interval training to include cardio and strength sections. Work all major muscle groups during the class, new routines every week.

BOOTCAMP

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. Bursts of intense activity alternated with intervals of lighter activity.

CYCLE & STRENGTH

A dynamic blending of cycle with strength training! Intense cardio intervals mixed with sets of resistance exercise to give you a hardcore workout. Burn calories, build muscle and increase metabolism. Suitable for all levels of fitness.

CYCLE

Spin is a highly effective way to build cardiovascular strength and endurance. Designed for anyone 13 years and older and for all fitness levels. Spin offers a 45-minute ride with energizing music. Get your heart pumping and burn some serious calories. ** CYCLES ARE DESIGNED FOR THOSE 5' OR MORE IN HEIGHT **

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FULL BODY BLAST

Full body blast is a cardio charged workout that is high energy and motivating. This is a high intensity interval training class that incorporates challenging cardio segments, resistance training and intense core work using a variety of equipment to blast your body into shape.

MUSCLE

Work most major and minor muscles, utilizing body weight and some equipment such as dumbbells and barbells. Tone, strengthen and sculpt. All levels of fitness.

MUSCLE & CARDIO DRILLS

A combination class of cardiovascular exercise to get the heart rate up and improve athletic performance with muscle strength training of major muscle groups.

'THE' MIX

The Mix is an interval- based class to include HIIT and Tabata, incorporating cardio and muscle strength components. This class is best suited to intermediate and advanced participants.

MUSCLE STRENGTH

A 40-45minute class designed to tone, strengthen, & sculpt your muscles.

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CARDIO FUSION

A dynamic mixture of HIIT (high intensity interval training), Tabata and bootcamp style exercising. This class fuses cardio movements and body sculpting to leave your body feeling stronger and will certainly raise your body temperature and get your heart pumping. Modifications will be given too.

POWER STRENGTH

Power strength will blast all your muscles with a high-rep weight training workout in a motivating atmosphere. Using barbells, weight plates and body weight, Power strength combines squats, lunges, presses and curls with functional integrated exercises. Movements are choreographed with dynamic music and will get your heart rate up, make you sweat and push you to a personal best. Suitable for all fitness levels.

BARRE

Barre class is a rigorous workout that blends elements from different exercise styles including ballet, Pilates and yoga. This is a low impact workout focusing on proper alignment. The classes blend cardio, strength training, flexibility, balance and core conditioning in a total body workout that targets the hips, glutes, abs and arms.

DYNAMIC DEFENSIVE ARTS

In this class you will focus on learning and practicing basic self-defense techniques by incorporating basic karate skills, building muscle memory so that these skills become reflex, and getting into the right mindset to always be alert and ready should danger arise.

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YOUR INNER ATHLETE

Expand your fitness cross-training with a high-intensity workout blending resistance training, cardio drills, intervals, and body weight exercises to improve your overall speed, agility, balance, and endurance.

TOTAL BODY STRENGTH

This class uses the principals of high intensity interval training and couples it with challenging strength movements for a hardcore workout.

YOGA

Focuses on breathing, basic Yoga poses, strength, flexibility and relaxation. Postures increase in intensity and difficulty as strength and endurance develops. Preparation and assistance for more advanced inversions are included. You can expect an emphasis on simplicity, repetition and ease of movement.

GENTLE YOGA

Class focuses on releasing tension, connecting with the breath and helping students gain strength and flexibility. Gentle yoga uses classical postures with slight variations to accommodate all levels of yoga students.

KICKBOXING

A high intensity, moderate to high impact cardiovascular class which incorporates the whole body for an awesome workout. You will love the no nonsense sport choreography and the electric fast beat. This class is for beginner through advanced participants. Come try it! After one class you will become addicted.

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ZUMBA

Exercise in disguise! Ditch the workout and join the fun. It's the craze of the Latin beat and the excitement of shouting and moving those body parts you had forgotten about. This is a cardio workout aimed to please all levels. Zumba routines incorporate interval training - alternating fast and slow rhythms.

KIDS FIT 4 FUN (4-6 YEARS OLD)

Upbeat exercise and fun games for children to get active. Help your child gain fitness and movement skills while having fun. For children aged 4-6 years. Sign in and sign out by parent/guardian required

KIDS FIT 4 FUN (7-10 YEARS OLD)

Develop movement, co-ordination and agility to build a foundation for future sporting activities. Ages 7-10 years. Sign in/out required by parent/guardian.

TEEN ATHLETICS

This awesome class will help your 11 and up year old to get in great physical shape. Teen Athletics is taught by one of our Personal trainers outdoors under the cabana. Come with a towel, water and be prepared to SWEAT.

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MONDAY MIX

Every Monday morning there will be a mix of exercises from strength, aerobic, calisthenics, and core. The goal is to mix it up each week and hit all the major muscle groups while burning lots of calories! There will also be time to stretch to improve flexibility.

BUTTS & GUTS

Butts and Guts- A class dedicated to toning your abs and glutes with targeted movements and cardio. Classes will focus on core strengthening to build muscles, in addition, it will also target your quads and hamstrings.

CIRCUIT BOOTCAMP

This bootcamp circuit works your entire body with cardio and strength exercises. You will challenge your body with varying time intervals of work and rest. For all levels of fitness, modifications will be given.

YOGA SCULPT

Take your practice to the next level by adding weights to your flow. Yoga Sculpt is about building both strength and balance to your body while keeping up your mindful movement and meditation.

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AQUA ZUMBA

Aqua Zumba combines some of the traditional elements of aqua fitness classes with the upbeat, Latin infused dance moves and music. Low impact but high intensity requiring no swimming skills. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back

AQUA AEROBICS

A mix of cardio and tone. A fast-paced workout to burn calories.

WATER EXPLOSION

This class is Aqua Aerobics at a slower pace. Dumbbells and noodles are used to offer resistance and core work. This class is for all levels of physical ability and can be easily individualized for all energy levels