Fitness and Health Schedule

Join us for fitness clases designed to keep you you healthy and happy. Our staff is made up of dedicated fitness trainers who can help you reach your desired level of fitness. Our fitness classes always challenging and fun. Have fun and get fit at the same time!

There’s a fitness class for you on any day of the work week. Review the class descriptions below and sign up today.

 Arobics: Low Impact—Improve cardio fitness without jumping or twisting. This course is high intensity but easy on your joints.

 Arobics: Bench Stepping—Step your way into shape with this popular form of exercise. Choreographed movements on, off, and over benches really burns the calories and provides cardio fitness.

 Basic Hatha Yoga—Hatha yoga, part of an ancient Indian tradition, uses body and breathing exercises to increase flexibility and strength as well as calm the mind.

 Arobics: Stability Ball—Work out with a stability ball, a unique inflatable fitness ball that helps you to better isolate and exercise muscle groups while increasing overall balance.

 Combo Arobics—Try any or all of our arobics offerings in this class: bench stepping, low impact, or stability ball. These class is a good way to sample a number of different fitness approaches and improve cardio fitness.

 Strength Training—Learn basic strength training techniques as you work with weights. Our trainers will create a strength program specifically for you and show you how to chart your progress and use equipment properly. This class is designed for beginners.

 Tai Chi Chuan—Tai Chi is a form a peaceful moving meditation from China. It teaches relaxation, stress reduction, and increased mental focus while stretching and strengthening the body.
Fitness Through Yoga—For beginning or continuing yoga students who want to improve body strength, slim down, and increase flexibility.