



Fitness Descriptions

Yoga

All ages | Introductory level

In this practice you will move through poses that connect the body, breath, and mind. This low intensity class will help you gain flexibility, coordination, and relaxation. You will leave feeling strong and stretched!

Zumba

All ages | Introductory level

Zumba is a total body workout dance party! This high energy workout will get your heart rate up as you move and groove to popular songs, while following the instructors movements. Get ready to sweat, dance, and have fun!

Strength/Conditioning/Injury Prevention

All ages | Introductory level

Learn how to strengthen your body in order to both gain muscle and prevent injuries. Class will focus on low intensity intervals and exercises that get your heart rate up while teaching proper body mechanics. Class is taught by a certified physical therapy assistant.