

Fitness Center Classes

Mondays

SPINNING

Strength 6-7 a.m.

Interval 12:15-1:15 p.m.

AEROBICS

Triple Threat 11 a.m.-12 p.m.

Back to Basics 11 a.m.

Zumba 12:05-1:05 p.m. *

Boot Camp 3:30-4:30 p.m.

Total Body Sculpting 5-6 p.m.

Tuesdays

SPINNING

Strength 11:15 a.m.-12:15 p.m.

Interval 5-6 p.m.

AEROBICS

Zumba 11 a.m.-12 p.m. *

TRX Class 11 a.m.-12 p.m. **

Yoga Tone 12:05-1:05 p.m.

Boot Camp 3:30-4:30 p.m.

Wednesdays

SPINNING

Interval 6-7 a.m.

Interval 12:15-1:15 p.m.

AEROBICS

Kickboxing 6-7 a.m.

Boot Camp 11 a.m.-12 p.m.

Back to Basics 11 a.m.

Zumba 12:05-1:05 p.m. *

Boot Camp 3:30-4:30 p.m.

Zumba 6-7 p.m. *

Thursdays

SPINNING

Spin Abs 11:15-12:15 p.m.

AEROBICS

Yoga 11-12 p.m.

Triple Threat 12:05-1:05 p.m.

Boot Camp 3:30-4:30 p.m.

Fridays

SPINNING

Interval 6-7 a.m.

Strength 12:15-1:15 p.m.

AEROBICS

Kickboxing 11 a.m.-12 p.m.

Back to Basics 11 a.m.

Zumba 12:05-1:05 p.m. *

Boot Camp 3:30-4:30 p.m.

Total Body Sculpting 5-6 p.m.

Saturdays

AEROBICS

Back to Basics 8-9 a.m.

GREEN: FIP Program

FEES:

* \$3 Fee per session

** \$5 Fee per session

Bootcamp: Work your entire body, heart and muscles, going to and from one exercise to another with no rest. Involves calisthenics and other body weight exercises. Your challenge is to take your body to its limit. You work, you sweat, and, best of all, you burn calories like crazy.

Triple Threat: Step intro, kick, tone in motion to include weights & balls.

Kickboxing: This class consists of box aerobics, kickboxing and martial art moves, put all together in a fast action, exciting and powerful format. Works all major muscle groups to include cardio and can be modified to any fitness level.

Spin Interval: Emphasis on speed, temps, timing and rhythm. Movements may include high rpm pedaling on the flats, acceleration drills and recovery stretches. The goal is to develop the ability to recover quickly after work efforts.

Spin Strength: Hills and more hills, this class is characterized by muscular endurance drills, both seated & standing.

Spin Abs: This class combines traditional spin, with an emphasis on the entire midsection, to give you an intense ab/cardio workout!

Back to Basics: Taking back to the basics this class is circuit based, with low intensity exercises designed to get you moving. Don't be fooled by "low intensity" you sweat and feel the burn! Great for individuals looking to get back in the gym but, may not know where to start.

Total Body Sculpting: A strength and calisthenic class created to really target and sculpt each muscle group.

TRX: A form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

Zumba: A fusion of Latin and International music dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Yoga: A class designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness.