

Land Classes – Check at the front desk for class location.

All About Ropes: 45 minute class. We use any equipment that can classify as ropes, consistently battle ropes and jump ropes. Using HIIT principles, we go through a hard hitting circuit exploring a variety of exercises with rope equipment. This class is a great way to change up your routine to include more upper body work and a different challenge.

Arms & Abs: This 45 minute class is all about sculpting the upper body with targeted exercises for the biceps, shoulders, triceps and upper back. We will also focus on strengthening the muscles in your abdominals and back, which will help improve stability and good posture. Different equipment will be used such as weights, stability balls, foam rollers, medicine balls and your own body for resistance.

Belly Up: It's all core all the time. A 30 minute class that will incorporate various exercises to emphasize the abdominal and back muscles. A variety of equipment will also be used to stress the use of the abs in the structure of the movement. The benefits to posture and self-confidence will be obvious. Modifications and options make this class open to everyone.

BLT: This class is all about your lower body; butt, legs, and thighs – BLT! Sometimes in a group and sometimes in isolation. Expensive equipment like paper plates will be used along with various toys from the toy room. Added bonus – your abs will also get a great workout!

Body Sculpt: Move through a variety of exercises designed to increase muscular strength, range of movement and functional fitness to enhance your daily living. A wide variety of equipment will be used to offer resistance, (hand-held weights, medicine balls, stability balls, bosu's, etc.), as well as other techniques to strengthen the body such as balance, core strength, aerobic conditioning and stretching.

Body Weight Blast: No equipment, just results. Strengthen and condition the body with what we have been blessed with. Challenges are made, reps are increased and goals are crushed with this challenging class. No excuses here. Take what you learn. Exercise ANYWHERE!!

Boot Camp: Need an extra push? Boot camp will challenge you with a mix of traditional calisthenics, body weight exercises and interval exercises targeting cardiovascular and strength training. Interval training may include lifting weights/objects, body weight training, plyometrics, and various types of explosive routines. These workouts focus on increasing

cardiovascular efficiency, strength, and helping people get into a routine of regular exercise.

Crunch, Pump, Jab: Join in crunching, lifting and punching your way to fitter, stronger, and leaner bodies. Each class will start with performing various exercises to work the core muscles that support your entire body. Then pump weights to work the upper body. End class with a combination of punches, using proper form and technique. Punches, which include jabs, crosses, uppercuts and hooks, are designed to tone the upper arms, shoulders, chest and back. Basic kicks may be incorporated in with the punches. These combos will get your heart pumping.

Cycling: Group indoor cycling offers a challenging yet safe workout for participants of all levels. The instructor uses energetic music that motivates each rider through a variety of speed and resistance challenges. Roll over hills, chase the pack, run the flats, climb hills and sprint to the finish. Cycling will build everyone's cardiovascular endurance and muscular strength as you pedal your way to increased fitness. Please bring a water bottle and a towel. This class is sure to make you sweat!

Extreme Circuits: Group fitness class using a workout technique involving a series of exercises performed in rotation with minimal rest, often using different pieces of equipment. Can be modified for all fitness levels.

Fitness Fridays: End your work week on a positive note! Group setting involving body weight and equipment from our arsenal of goodies. Cardio combined with strength make a perfect combination to tone the muscles and condition the heart and lungs. All levels of fitness are encouraged to join.

Freedom Fitness: What do faith and fitness have to do with one another? EVERYTHING! Focused on body, mind, and soul, Freedom Fitness is 45 minute class that will put Christ at the center of your workout. This class will invest in your whole body moving you towards freedom; freedom from rule following and calorie counting to newfound freedom to move as God originally designed. Taught by a certified Revelation Wellness® Instructor, this class will incorporate anything from circuits to drumming. Perfection is not our purpose. Stop worrying about perfect body and start worrying about being perfected by a God who cares about ALL of you! Freedom Fitness will help you strive to Love God, Get Healthy, Be Whole, and Love Others.

Hi-Lo: This high energy class has great music to keep you moving through the beat to pick up your heart rate and put a smile on your face. It's a total body workout while moving around the room. Arms and legs will go through multiple movements; no weights required. The second part of the class will concentrate on floor work—abs, back, and legs. So much fun. A great cool down will put you at ease before you leave. Not to worry, modifications are always offered. All fitness levels will enjoy this class.

Kettlebell: Traditional weight measurement from the Russian area. Over time, they became used in exercise and training. This class is 45 minutes long. We go through a variety of exercises, some similar to traditional olympic lifting and others more ballistic and powerful in nature. Kettlebell exercises help develop strength, cardio and flexibility. If you are looking to build strength and power, this is the class for you.

Kickboxing: A group fitness class that combines martial arts techniques with fast paced cardio. This high energy workout challenges both beginner and elite athletes. Build stamina, improve coordination and flexibility and burn calories as you build lean muscle with this fun and challenging workout.

Lunch Crunch: A 20-30 minute class to get a little movement in during your lunch break. Variety of exercises using weights, equipment or body weight with low-medium intensity. Fit for all levels of fitness.

Power Core: A group class environment that will challenge your strength and stamina and improve your overall performance. Core strength is focused on by selecting the most appropriate weight of medicine ball. The goal of the class is to maintain form and make it through the workout to finish strong. All levels of fitness are encouraged to join in!

STOTT Pilates: This mat based class has the aim of optimal musculoskeletal performance, strength, flexibility, and endurance without risking injury or building bulk. With focus on the core, back, and abs, alignment and breathing, STOTT Pilates also helps restore the natural curves of the spine, relieve tension and enhance self-confidence. The result: a balanced and aligned body that looks fit, feels revitalized and moves with ease. Modification and options are always offered.

Stretch and Roll: Bring tired, sore muscles for a rolling release and revival. Using a long foam roller, you will learn how to roll the muscles of you mid back, glutes, legs, and arms to release tension and tightness.

The roller will help relax tight muscle, allowing the blood to flow through and repair itself leading to muscle recovery. This will make the muscle more efficient, smoother movement, and overall better daily function.

Total Barre: Balanced. Flexible. Energized. This class uses a barre to challenge workouts that are fun and motivating. Elements of Pilates, dance, cardio, and strength training to increased strength, flexibility, stamina, and dynamic stability are staples of this class. This class has benefits for everyone.

Toy Store: A 45 minute class. Have fun and learn how to use our "toys" in the aerobics room. Every week is a new layout with different exercises and equipment. Class can range in layout from a basic circuit, ladder, or HIIT. Using a piece of equipment for each exercise, widen your exercise repertoire and have more fun with every workout.

Triples: This is a fast paced, cardio class that builds on repetitions and rounds. There will be 3 exercises (upper body, core, and lower body) selected for the month. Each meeting of the class the repetitions of each exercise will increase and another round will be added. A brief recovery between rounds is included. For example; Round 1 – 8 kettlebell swings; 8 crunches; 8 squats; recovery – repeated 10 times (or 10 rounds). The next class would increase the reps and rounds. Strength, stamina, and endurance are all at work. It's fast. It's fun. It's work.

TRX (Total Resistance Exercises): Developed by a former Navy Seal during his deployments. This class is 45 minutes in length. We use the TRX suspension trainers to suspend upper or lower body and perform exercises. Adding the suspension creates a wonderful challenge for balance and strengthens the core. Each exercise is easily adjusted for various fitness levels without extra equipment by moving the feet or hands. Fun and challenging for all levels.

Turbo Tabata: 45 minute class of Tabata circuits. Each circuit has a unique set of exercises. Each week we add circuits increasing intensity. Building on our anaerobic systems increasing power and cardio output. Each exercise and circuit can be adjusted to suit any level.

Vertical Core: 45 minutes in length. This class is great for those with joint concerns. Staying off the floor, we work through various exercises, body weight and equipment based, to strengthen the core. Tone up and gain strength to support your joints and feel better through each day!

360 Shred: A 45 minute class rotating through circuits around the room. Using various equipment and different exercises (cardio and strength) each week, get a full body workout with 360 shred. Timed stations so you can move at your own pace. Great for all fitness levels as each exercise can be modified.

Water Classes

Aqua Blast: High energy water aerobic workout! Works on all muscle groups for an intense overall body workout.

Aqua Low: Light aerobic exercise emphasis on stretching, toning and increasing cardiovascular fitness.

H2O Combo: Combination of high and low energy water aerobics.

Rusty Hinges: Excellent exercise in the water for those with joint ailments and muscular deficiencies.

Stretch & Strengthen: Class designed to improve joint and muscle flexibility, balance, coordination, and strength.

Water Boot Camp: 30 minute class using boot camp style moves in the water for a full body workout.

See CrossFit page for CrossFit details.