

Group Fitness Class Descriptions

Please see current semester's schedule for available classes

Ab Attack- Get those sexy, six-pack abs in this extremely popular class. All levels welcome! Get to the facility the Fitness Center early to sign up, this class will fill up!

Body Sculpt- Total body workout! An intense toning and strength training class that focuses on light weights and high reps.

Cardio Bootcamp- The ultimate in cross training! Always something new and different! This class is for all levels...everything can be modified!

Kickboxing- Learn the proper techniques of punching and kicking in this fantastic fat-burning class.

Latin Dance- High energy dance class! Come learn dance moves that will leave you looking HOT and ready for the clubs!

Pilates- Learn breathing techniques as you strengthen and tone your whole body with special emphasis on the core. Class is designed for all levels.

Spin- Burn some serious calories as you listen to some pulse-pounding music. No experience required.

Spin & Sculpt- An intense workout that begins with 30 minutes of spin and ends with 30 minutes of strength training focusing on light weights and high reps. Get that beach body you've always wanted with this exciting new class!

Step & Sculpt- This high energy class combines the cardiovascular benefits of a step class with the toning benefits of a sculpting class! All in one great hour!

Sunrise Yogalates- It's the same fantastic Yogalates class, just held on the beach at sunrise!

Totally Treadmills- Whether you're a runner or not; this class is for you! This class will push you to your personal best! If you're a runner we'll make you faster and if you're not we can help you become one! For all levels (even if you can only jog a few minutes you're ready)!

Yogalates- This class combines the best of both worlds- yoga and pilates! Learn breathing techniques while you move through relaxing poses and exercises that strengthen and stretch your entire body!