

Group Fitness Classes

Fitness Platinum:

M/W/F: 7:00am, M/W/Th: 3:30pm, 5:00pm,

Fitness for Life incorporates moderate, full body conditioning exercises designed to promote weight loss, improve cardiovascular endurance, enhance strength, and increase flexibility.

Fitness Gold:

M/W/F: 8:00am, 9:00am, 10:00am, M/W/Th: 2:30pm, T/Th: 8:00am, 9:00am, 10:00am, 11:00am

This class focuses on light to moderate exercises that can benefit anyone of any level of fitness. Fitness Gold incorporates aerobic, strength, balance, coordination, and flexibility exercises.

Fitness Silver:

T/Th: 1:00pm

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance.