

Fitness Class Descriptions

Step & Sculpt:

A stimulating mix of step moves and challenging muscle exercises resulting in a great workout!

Muscle Circuit:

This class is designed to offer self-contained segments of various muscle groups involving both cardio and toning.

It's the perfect mix!

Zumba!:

Experience the fusion of Latin Dance, Hip Hop and cardio. It's a fat-burning dance-inspired blast!

Core Strength & Balance:

Focus on your total core. This class is a challenging Pilates-based workout designed to strengthen your abs and back while helping to improve balance, posture and strength.

Pedal & Pump:

Ever wonder about those spin bikes but were hesitant to try a full spin class? Then this is the class for you! We use the bikes intermittently with muscle work for short 3 or 4 minute spans.

Great introduction to spinning!

Yoga:

Increase your flexibility while you learn to calm your inner self. This Hatha Yoga class is designed with your self-awareness in mind.

Spartacus:

This is a timed 30 minute interval class designed to target both cardio and muscle. It's intense, but it's fun!

Spin:

40 minutes of hill climbing, sprinting, and calorie burning on a bike!

Pay per Service Classes:

Muscle Tone:

Learn proper technique and form from a personal trainer. Get heart healthy, increase muscle mass, and improve overall strength while losing excess body fat.

(2 half hour sessions per week – 5 max. clients per class)

Karate/Self Defence:

This class is an opportunity to enter into martial arts with a focus on Karate and Self Defence. The class consists of strength training, stretches, basic kick, punches and kata (forms) to improve general physical and mental conditioning.

Pilates:

Try this stimulating and challenging class to increase your body awareness, while improving your core strength and posture. Everyone welcome!

Members - \$55.00/10 weeks - non-members - \$65.00/10 weeks

Ballroom:

Get some exercise while you learn the Tango, Waltz, Cha Cha, Rumha and Swing! A fun-filled class to get you ready for the dance floor!

Members - \$40.00/8 weeks – non-members - \$50.00/8 weeks