

Fitness Class Descriptions

AM Aerobics

This class is designed for the working class individual who has the drive to get up early and start their day off with a med-high intensity full body workout. AM Aerobics is designed to get your heart rate going and to kick start your engine. This class is designed for all levels.

- Mon, Wed, and Friday 5:45 – 6:30 am.

Yoga

A total body experience applying breathing techniques to increase flexibility and strength while exercising and centering the mind with the body. This class is designed for all levels. - Wed and Fri 8:00 – 9:30 am.

Senior Aerobics

This class consists of gentle exercises for seniors taught by a certified senior fitness instructor. Senior aerobics includes exercises for flexibility, posture, strength and functional skills of adult daily living.

- Mon, Wed, and Fri from 10:45 – 11:30 am.

Silver Sneakers

This new and popular class combines fun and fitness through a variety of exercises taught by a certified senior fitness instructor. It is 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, and a chair is used for seated and/or support. - Mon and Wed 11:45 am – 12:30 pm.

Lunch Time Weight Training

This very popular class is thirty minutes of and exhilarating weight training workout. Each session will focus on upper or lower body toning and strengthening.

- Mon, Wed, and Friday 12:30 – 1:00 pm.

Weight Training

This hour-long class will focus on strengthening your entire body. The class will start with a short 10 minute warm up to get your muscles ready to work, the remaining 50 minutes will be used to tone your bodies using free weights, bands, yoga balls, chords, and medicine balls.

- Wed from 6:00 – 7:00 pm.

Pilates

This class is based on Joseph Pilates method founded on six underlying principles. They are concentration, control, center, fluidity, precision, and breath. Performed with the attention these principles demand, Pilates becomes an infinitely satisfying way of increasing and maintaining physical and mental health and balance for a lifetime.

- Mon and Wed from 7:15 – 8:15 pm.

Stretch & Tone

Is an exciting full body program for all skill levels. It is a medium intensity program working core, abs, and using the stability balls, body bars, and rubber bands. There is a 5 minute warm up before the class really kicks off and it winds down with a 5 minute, lights off, cool down. Great class for all age groups!!

- Tue and Thursday from 6:30 – 7:15 pm.

Body Works + Abs

Are you looking for those toned summer abs, and that shapely defined body? Well this class is exactly what you need to get ready to start showing off! Body Works is conducted by Elizabeth who is a former RU Track star who knows exactly how to get the most out of your workouts. This class is of moderate intensity and for all ages!

-Tue and Thursdays 6:15 – 7:00 am.