

Muscle Time/Early Muscle Time (Angie Shonts): Learn different ways to work your muscles. May include super-sets, dynamic sets, and more. Exercises may include use of dumbbells, body weight, and stability balls. This class also includes warm-up, pre and post stretch.

Pilates (Dennis Kimmage): Pilates is a system of controlled exercises, done on a mat, that blend strength and flexibility training. While many of the exercises emphasize core strengthening, the goal of Pilates is overall fitness.

Vinyasa Yoga (Melinda Baxter): A flow yoga that focuses primarily on breathing and sun salutation variations. It is on the more vigorous end of the yoga-spectrum and is a great practice for anyone looking for a physical or mental challenge.

Yoga (Sue Kelly): Yoga is a wonderful method of exercise that teaches how to recognize when your body is under stress, as well as methods to help counteract stress. With regular practice yoga improves strength and flexibility, quiets the mind and helps bring balance to all areas of your life.

Yogilates (Ann Kimmage): Yoga and Pilates work together to stretch, strengthen, and reduce stress. Nothing maintains and improves flexibility like Yoga and nothing strengthens the core muscles better than Pilates. Together they provide a wonderful workout.

Reiki (Martha Spruce)

Reiki is the practice of resting the hands on or over the body with deep intention to promote relaxation and a healing response. While comfortably resting on a treatment table you may feel heat, tingling, pulses or other sensations that allow your body and mind to deeply relax. Sessions must be made in advance.

Zero to 5K (Alicia Trott) Looking to compete/finish a 5K this spring or summer? Maybe you've been a bit too sedentary this winter and need some support getting motivated, then this might be what you are seeking. An eight week, gradual program that will get you to the point that you can complete a 5 kilometer (3.1 miles).

TBT - Total Body Training (Kelly LaFountain) This class will blend a variety of movements to give your entire body a good workout. Different levels for each exercise will be shown to allow all fitness levels to participate and get fit. The exercises will be performed in an interval format to really rev up your metabolism and provide a good cardio/strength workout. Many of the exercises will use your own body weight. To mix things up and keep it interesting and fun other tools will be used at times. Some tools will include dumbbells, resistance bands, and

stability balls. There will be a warm-up and cool down in this class.

Beginner Yoga (Audrey & Joe Palma) Great for first time and advanced yoga students alike, Beginner Yoga uses yoga poses with straps, blocks and blankets to improve overall wellness. Practiced in an environment of loving-kindness, gentle yoga is proven to improve breathing, flexibility, strength and focus and specifically, helps stress, anxiety, arthritis and chronic pain. The restorative aspect of this style encourages peace of mind and a greater sense of balance and relaxation.

Cardio Crunch (Kelly LaFountain) This class will include a variety of cardio/agility movements shown at different intensity levels in an interval format with periods of active rest. Each class will also provide abdominal exercises to help you work your body to the core. All fitness levels are encouraged to participate in this calorie burning workout that will include a warm-up and cool down.

Cardio Cross Challenge (Karen Ela) This dynamic workout is designed to challenge and improve your cardiovascular fitness & functional movement capabilities. The class will utilize circuit & interval styles of training along with resistance exercises. Emphasis on safe technique & quality movement can be expected.

Tai Chi Chuan (Bill Milam): Tai Chi is an intricate set of linked poses developed in China to enhance balance, fitness, and longevity. It's highly dynamic, yet relaxed movements appear simple, fluid, and soft. In reality, it's quite challenging, and, when executed in the proper manner, constitutes a demanding workout involving the mind as much as the full body workout.

Power Step (Robin): Power Step features choreography and step aerobics set to a heart pounding tempo that will keep you engaged the whole time.

Cardio Dance (Angie Shonts/ Certified ZUMBA Instructor) This fun and easy to follow dance class, combines high-energy and motivating Latin music with unique moves and combinations that make you feel like you are partying on

Circuit 45 (Jess Hinds) The class would consist of cardio and strength, intervals abdominal work. The class would last for 45 min with a warm up and a cool down. It would be for beginners and advanced levels of fitness. I can modify all the moves for any type of fitness level. I hope this helps let me know if you need more info about the class or times.