**Body Blaster** – Redefine your muscles with strengthening exercises using a variety of resistance equipment for men and women to help redefine your muscles. Equipment may include weights, medicine balls, body bar, resistance bands or BOSU. Abs and stretching included. Body Blaster is a 45-minute class.

**Boot Camp** – This 45 minute Boot Camp is a high energy, boot-camp style environment that will combine total-body muscular conditioning and circuit-style cardiovascular exercise for a great well-rounded, total body workout for individuals of all fitness levels. Workout attire recommended and tennis shoes required.

**Cardio Fusion** – 45 minutes of "cardio calorie blasting" exercise plus strength using hand weights, body bars, resistance bands, or medicine ball.

**The ABC’s of Meditation** (Open Sky Health) – Introducing the concept of relaxation and stillness in order to shift the overwhelming feeling of stress to a renewed sense of hope and balance. This class is for anyone wishing to introduce or embrace the tools of meditation into daily living. This class can help anyone, including beginners who have never meditated, individuals who have been doing mindfulness work and participants who want to dive deeper into the meditative state.

The ABC’s are the same for all – (A) relax the body, (B) quiet the mind and (C) open the heart. The class will practice meditation "in-motion" as well as in stillness. As we practice the ABC’s of Meditation, the participant will feel more balanced and less reactive.

**Pilates** – This 45 minute Pilates mat session includes classical floor exercises that strengthen and lengthen all the muscles of the body. Plus increases flexibility and enhances posture. No prior Pilates experience is needed, this is geared to all levels of fitness. No mats will be provided, please bring one of your own. Comfortable workout attire and no shoes recommended.

**Rowing** – Indoor Rowing is the perfect calorie burn. A total body non-impact workout. It is a one of a kind workout, a physically exhilarating class designed for everyone! Indoor Rowing is one of the hottest fitness trends in full body training.

**Weight Lifting** – This class introduces the fundamental skills of weight training for personal fitness. Emphasis will be placed on proper techniques, training programs, and the overall benefit of weight training. Redefine your muscles with strengthening exercises using a variety of resistance equipment, for men and women. Equipment may include dumbbells, kettle bells, medicine balls, cables, machines, and resistance bands.

**Yoga** – This 45 minute Yoga class focuses on the four pillars of Yoga; strength, balance, flexibility and relaxation. No prior Yoga experience is required, this is geared to all levels of fitness. No mats will be provided, please bring one of your own. Comfortable workout attire and no shoes recommended.

**Zumba®** - This 45 minute Zumba class is a high energy, easy to follow, cardio dance class that is guaranteed to increase your heart rate and put a smile on your face. No prior dance experience is required. Comfortable workout attire and tennis shoes are recommended.

Other class descriptions:
- Rec Sports Group RecXercise Fitness Session Descriptions
- Piranha Fitness Class Descriptions