

Program Offering

Condition Golf – This 45 minute class is designed for the golfer that would like to improve his/her golf game. By focusing on the unique aspects of the golf swing, the exercises used in this class can help improve balance, flexibility, and strength thereby increasing power and length of swing and decreasing risk of injury. This class also teaches the golfer how to properly warm-up before play or practice.

Condition Tennis - This one hour class is designed for the tennis enthusiast. It incorporates exercises that improve flexibility, coordination, aerobic fitness, strength and mental ability. These exercises can help you increase power and improve endurance and speed. As weather permits, portions of this class will be held outside.

Hard Core - A 45 minute class that focuses on improving your core strength. This combination of abs, back, glut, and chest exercises will help you to feel stronger, stand straighter and have more energy.

Crazy Train – A 1 hour combination of interval cross training that will get you moving and improve your fitness level. Class is a series of intense, high performance, endurance and strength training activities. Each class is a new adventure and will be sure to challenge you. This class is not for beginners.

Fit Zone- Get started with your new fitness experience by joining the Fit Zone. Designed for the beginner to intermediate participant, this 45 minute class is a combination of moderate aerobic, strength training and core exercises.

Strong and Lean- Build your strength and tone your body with this 45 minute resistance training program. This class will use varying levels of resistance bands and body resistance exercises to help you achieve that lean, sculpted look.

Yoga – Relax and breathe with Yoga. The benefits of adding yoga to you fitness program will amaze you. Relax your body and mind, improve flexibility, and increase your energy and fitness performance.

Kickboxing – A workout you can count on to improve your fitness. Kickboxing has become a classic among exercise enthusiasts to gain strength, flexibility and endurance.

Step Aerobics – This one hour class is an updated version of a classic aerobics class. With fun choreography that is easy to follow participants can increase their cardiovascular fitness as they improve muscular endurance. The class includes proper warm up, cool down, toning, and stretching.

Fit for Life – This class is designed for the senior adult. For one hour the focus is on improving heart and lung capacity, muscular strength, flexibility, balance and coordination. All exercises have modifications that can be performed in a chair if necessary.

FX Class – Not for the faint of heart this “military” style class meets early in the morning and is formatted after BUD/s (SEAL Training school). It is high intensity with cardio and calisthenics and will test the mettle of all participants. Exercises include the general push-ups, sit-ups, and pull-ups as well as log and sand pt. “The only easy day was yesterday” is our motto.

Mommy and Me Fitness Class – This 45 minute class provides a unique way to workout and spend time with your children. Bring your preschool age child to class and get them started on their road to a healthy lifestyle as you improve your fitness level. Exercises in this class are designed to include you and your child.