Exercise Class Descriptions

Train Station

Heart Strong - An exciting blend of cardiovascular fitness, core, & stretching designed for active mature adults who can easily transition from the floor to standing position. Participants enjoy choreography, cardio machines, & weight training. The class is led by a degreed exercise physiologist who monitors heart rate & blood pressure.
Extreme 90 xs/Core Workout - This core class is unquestionably the best! Designed to bring you the most focused core strength class that will leave you feeling leaner & stronger! **Note: Higher intensity. Not suitable for beginners.**

Spin Studio

Spinning - An aerobic class "on wheels". Participants use the stationary cycle to simulate a real world bicycle obstacle course, complete with hills, valleys, sprints, etc.

Mind Body Studio

Correlation Yoga 1- An intermediate level, vigorous yoga class which focuses on correcting spinal alignment & perfecting the form. Students should expect to be stretched, strengthened, & challenged.
Correlation Yoga 2: An advanced variation of correlation yoga which includes inversions, more difficult backward bends, & twists. Students should have a regular yoga practice.
Sunrise Yoga: An intermediate flowing (vinyasa) class which strengthens & stretches all areas of the body so that people feel invigorated for the day.
Hatha Fitness Yoga: A multi-faceted class which incorporates elements from many yoga styles including flow & alignment. Although the class is appropriate for athletic newcomers, more advanced practitioners will be challenged. The sequencing of postures will interlink transitional movements & a synchronized breathing pattern, creating a flow that will give each participant a balanced workout & mental clarity.
Power Yoga 1: Athletic clients will enjoy this energizing & strength building practice. It includes flow (vinyasa) sequences, held postures, & basic inversions. Rhythmic breathing with conscious movement increases strength, endurance, balance & flexibility by uniting total body & breath.
Power Yoga 2: An advanced interpretation of the power yoga. More advanced flow & inversions. Previous yoga experience is recommended to maintain safety & ease within the pace & intensity of this class.
Functional Stretching –stretching that improves the body's ability to fluidly move through full range of motion.
Oh Baby! Pilates - This class uses a modified sequence of Pilates exercises designed especially for pregnant women. Pilates can help strengthen the pelvic floor, improve balance & alignment as the body grows bigger & can help reduce lower back pain.
Oh Baby! Yoga - Take the time to center & connect with yourself & your baby. Stretch & learn to relax, breathe & meditate in preparation for the big day. No yoga experience is necessary.
Total Control - a medically-based low impact fitness & educational program that includes a pelvic strengthening regimen.
Restorative Yoga - A unique & gentle class that explores proper joint configuration, thru precisely designed sequences & the use of chairs & other props, combining yoga with biomechanics. Every class ends in guided relaxation.
Tai Chi - Improves circulation, balance & helps relax & strengthen the nervous system.
PiYo Strength - a high-intensity, low-impact workout that takes the very best of Pilates and yoga-inspired moves and cranked up the speed to give you full-throttle cardio, strength, and flexibility training—all at once!
Barre - combines the muscle-shaping principles of isometrics, the body-elongating practice of dance conditioning, & it hits the right muscles without impacting underlying joints. The class works on an overload then stretch/recovery format.
Yoganidra – 30 minutes of gentle restorative posture practice, and 30 minutes of supine guided deep relaxation.
Beginner's Meditation - Gentle postural stretches, complete relaxation, deep breathing, and guided seated meditation.
Pilates - emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.
Up, Down, Turn Around – A 45 minute upper body and core frenzy. Combines yoga postures, pilates, and light weights.

Pool Classes

Arthritis Foundation Aquatic Program (AFAP) - Approved by the Arthritis Foundation, this class is designed to help maintain normal joint movement, relieve stiffness & restore flexibility.
Club Water Walking - A non-strenuous, cardio water work out combining range-of-motion exercises & walking designed to increase muscular endurance, flexibility & cardiovascular fitness.
Oh Baby! Water Aerobics - This fun aqua workout will tone your body by using the water for resistance training. Additional benefits: your body will feel lighter & cooler, & water can help reduce swelling.
Water Aerobics - An aerobics class in the water. The buoyancy of the water will provide a virtually impact-free cardiovascular workout, significantly reducing stress on the joints & muscle soreness. **Note: the evening & Saturday classes are higher intensity & may not be suitable for beginners.**
Aquatic Fibromyalgia – A cardiovascular, strength & flexibility workout with a relaxation component designed to support & empower an individual living with fibromyalgia.
Recreational Aquatic Arthritis Plus (RAA+) - This class is designed to help maintain normal joint movement, relieve stiffness & restore flexibility with a cardiovascular training component.
Aquatic Spine Wellness - A specialized fitness program designed for back/neck pain relief & to condition, strengthen & support the muscles of the spinal column. This program is safe for both pre-op & post-operative patients.
Water Zumba – A funky & fun aquatic workout focusing on aerobics, strengthening & dance.

Group Exercise Studio

Adult Conditioning - Designed for older adults with an emphasis on cardiovascular & strength training exercise.
Abs Class - A 15-minute total abdominal workout.
Boot Camp - The ultimate in total body conditioning, this class combines short drills from sports & basic strength & toning exercises such as push-ups & lunges. **Note: Higher intensity. Not suitable for beginners.**
COPD - A maintenance exercise class that focuses on improving cardiovascular endurance for persons with lung disease after completion of Pulmonary Rehab Phase II.
Heart Fit - A gentle blend of cardiovascular fitness, core strengthening, & stretching designed for active mature adults. Participants enjoy choreography, cardio machines, & weight training. Heart rate & blood pressure are monitored.
Oh Baby! Mom & Baby Pilates – Abs Recovery This class strengthens abdominal muscles, increases circulation, develops muscle strength, increases flexibility, improves balance & coordination, helps with relaxation & teaches deep breathing techniques. You'll have the option of involving your baby in the movements or having your baby close to you on your mat.
Zumba (Tone) - A dynamic fitness class which fuses Latin rhythms & other international moves. Zumba tone uses weights.
Pink - A 12-week program for individuals completing treatment for breast cancer. It is designed to pamper, support & restore, while you return to the basics of good nutrition, exercise & a sense of wellbeing. The program consists of one hour of group exercise three days per week plus one-on-one exercise consultations with a degreed exercise physiologist.
Step Aerobics - This intense class using the Step burns 30 - 60 % more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals, & buttocks.
Cardio Strength Fusion - A combination of cardio & sculpting utilizing the flexibility ball, step & h& weights.
Step & Sculpt - An intense class using classic step aerobics & h& weights to sculpt the major muscle groups.
Oh Baby! Toning, Fitness & Yoga Combo - Class starts with 20 minutes of aerobic, cardio & strength training. That's followed by 20 minutes of stability/birthing ball exercise. Class finishes with a 20-minute yoga cool- down including relaxation, stretching & meditation.
Cancer WellFit - A safe, inviting exercise program developed to improve the physical health & quality of life for people with cancer. The program consists of one hour of group exercise two days per week.
Low- Impact/Body Sculpt - is an energetic, upbeat aerobics class that combines cardiovascular training & toning exercises, for a superior total body workout. A great workout for all levels of fitness enthusiasts.
Extreme 90xs/Brunch Workout - This intense mix of high energy cardio training includes moves from kickboxing & basic training techniques followed up by a full abdominal core workout. Add resistance training & bodysculpting for the ultimate workout. **Note: Higher intensity. Not suitable for beginners.**
Cardio Mix – a high-energy circuit training which alternates body sculpting & cardio.
Creative Cardio - Hi/Low & step cardio with intervals of bodysculpting.
Shimmy Fit/Urban Line Dance - Enjoy the most ancient, feminine, & beautiful form of dance while in this great, low impact aerobic workout. This class is designed to build strength, muscle control, balance, flexibility, & endurance, while breaking down basic belly dance movements & combinations. All dance levels welcome.