



Elite Fitness Center Group Class Descriptions

Abs & Arms: (can be modified for all fitness levels)

This class is an excellent complement to the Abs & Gluts class, or any workout routine. We will work together using, stability balls, weights, and resistance bands to strengthen and sculpt our tummies, torso, and upper body!

Abs & Glutes: (intermediate)

This strength training class focuses on those areas that we would like flattened, tucked, and lifted!! We will use stability balls, resistance bands, and weights for an effective workout that will strengthen and tone!

Aerobics H2O: (all fitness levels)

Aquatics classes are designed to take advantage of added water resistance while benefiting from decreased impact and joint stress. These classes help increase cardiovascular fitness as well as improve flexibility and muscle tone. The program is adaptable for all fitness levels including those new to exercise. Swimming skills are not necessary.

Body Shop: (intermediate to advanced)

This drill based class is designed to give you a good workout in a short amount of time. Jumping jacks, push ups, sprints, squats, sit ups - you get the idea!! Body Shop is intended for active healthy individuals who want to work hard and sweat!

Cardio Ball: (all fitness levels)

Are you ready to put some bounce in your workout routine? Come and have a ball in our new low-impact cardio class. In Cardio Ball we will use stability balls combined with simple cardio moves that get your heart rate up and improve your core muscle strength. We will cool down with a relaxing stretch.

Cardio Kickboxing: (all fitness levels)

An introductory high energy class which uses punches, kicks, and techniques used in boxing to condition the heart, lungs, and musculoskeletal system.

Core Fusion: (intermediate)

This class combines cardio and resistance training for a total body workout. The variety in this class keeps your body moving as you strengthen and tone using steps, dumbbells, resistance bands and more.

Core Power: (can be modified for all fitness levels)

This challenging strength and cardiovascular conditioning class uses Reebok Core Boards for a fun total body workout!! Core power is an excellent way to add strength training to your cardio routine!!! The program is a combination of fat-burning cardio, muscle building resistance training, and core strengthening stability training that will help you reach your fitness goals!

Flexible Strength: (intermediate to advanced)

45-minute all level class incorporating resistance exercises on the stability ball to build bone and muscle while improving flexibility and balance.

Freestyle Strength: (intermediate to advanced)

45-minute all level class using different forms of resistance (body weight, adjustable bars, dumb bells) and a variety of body positions (stability ball, floor, bench) to build bone throughout the skeleton and increase lean body mass.

Group Cycling: (intermediate to advanced)

Indoor cycling uses portable fixed gear bicycles for an excellent cardiovascular and muscular endurance class! One great benefit of cycling class is that you control the intensity of the ride by adjusting a resistance knob and pedaling rate, so you can “ride your own ride”. Class is limited to 13 riders. Please arrive 5 minutes early and bring a bottle of water and a towel. (Padded shorts or gel seats are optional) Sign up at front desk. Bikes are filled on a first come first serve basis.

Kids Tumbling: (fee based class)

Kids Tumbling is designed for children ages 3-5 years old. You can purchase a punch card at the front desk.

Pilates: (all fitness levels)

Pilates is designed to strengthen the entire body with concentration, control, centering, core stability and strength. When done with consistency, this program will improve your posture, strengthen your back, flatten your tummy, and tone your bottom and thighs!! (beginning classes are available)

Power Hour: (all fitness levels)

60-minute total body workout which blends step aerobics with resistance exercise using dumb bells, bars, stability balls, and mats to benefit both musculoskeletal and cardiovascular systems.

PT: (can be modified for all fitness levels)

PT (Physical Training) is a circuit style class where you determine how hard to work. The instructor will lead you through the circuits, which vary from lunges and squats, to punching combos using gloves and weighted bags. The variety will keep you moving and offer a total body workout. You can come alone or with a partner. We recommend purchasing 14 or 16 oz boxing gloves or bag gloves for this class Class is limited to 22 participants.

Silver Sneakers® - Muscular Strength and Range of Movement

Have fun

and move to the music through a variety of exercises 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 standing support.

SSS: (all fitness levels)

Step, Slide, Stretch is a fun 60 minute cardiovascular workout that incorporates the step and slide board and stretching. It's a fun, awesome workout that will really get your heart pumping.

Strength Challenge: (all fitness levels)

Each 45 minute class will be designed to challenge certain muscle groups, resulting in gains in strength and flexibility.

Sunrise Spin: (all fitness levels)

45-minute indoor cycling class, followed by 15-minute strengthening for torso and upper body.

Super Burner: (Intermediate - Advanced)

This class is entirely cardio, but of all different modalities, shaking up your normal fitness routine. By doing step one day, then kickbox and cycle another, or maybe plyometrics and Hi/Lo, the possibilities are endless.

This class will challenge you to become your fittest self ever and change your preconceived ideas about any one type of cardio, while you burn the absolute most amount of calories possible!

Yoga: (all fitness levels)

Yoga is a powerful form of exercise that strengthens, energizes and relaxes!!! The class is designed to challenge ALL fitness levels as you breathe your way through various yoga poses. Whether you are 25 or 75 you can benefit from this yoga workout!!

Yogaflow: (all fitness levels)

No previous yoga experience necessary for this class. Get centered and grounded with yogaflow. Bring a towel and a yoga mat for a wonderful workout and great relaxation