

Group Fitness Classes

- ⤴ Group Exercise classes are included in your membership. You don't need to sign up for classes. Just show up for any class you like - as often as you like.
- ⤴ Participation in classes is on a first come, first served basis.
- ⤴ Every class welcomes new participants. There are always options shown to suit basic or beginner levels and for more advanced training.
- ⤴ Unless otherwise noted, all classes are 55 minutes and include time for proper warm-up and cool down.
- ⤴ For safety, please do not come into class after the first 10 minutes unless you have warmed up. Arrive early so that you have time to set up.
- ⤴ Wear comfortable clothing and supportive footwear. Cross training or aerobic shoes provide the best support for most classes. Pilates and Yoga are practiced without footwear.
- ⤴ Bring a water bottle and a small towel.
- ⤴ Classes are great for cross training, variety and help to keep you motivated.

Class Descriptions

Cardio



Zumba® - Get a sizzling cardio workout. Using the latest dance moves, you'll shimmy and shake to the hottest Latin and international music. No dance experience necessary.

Turbo Kick® is a combination of kickboxing and dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment and can be done low or high impact.

Cardio / Strength Combo

Boot Camp - A great full body workout on a timeframe that fits even the busiest schedule. This outdoor class is 45 minutes long and will run for 8 weeks. The military-style workout is a blend of body-weight and resistance exercises, coupled with cardio intervals and drills. The class is challenging, but everyone is expected to do their best and perform at their own level. Boot Camp is free for Active Life members but registration is required.

Muscular Strength & Endurance

All classes are total body strength and endurance workouts. All strength workouts should be limited to 2-3 times a week, with a day of rest (no strength training) between each session. Do not attend these classes consecutively. Give your muscles time to rest and recover.

Body Defined - A resistance training class with an emphasis on toning the muscles of your entire body using a variety of modalities - dumbbells, resistance tubing, balls and body weight.

Muscle Pump - This barbell workout challenges all your major muscle groups, improves strength and endurance. Uses high repetitions of basic weight-room exercises like squats and lifts with moderate weights. Barbell weight can be adjusted to suit men and women of all fitness levels.

Unbeliev-a-Ball - Experience this total body workout challenge for heightened postural awareness, spinal stabilization and trunk strengthening using various resistance equipment on the stability ball.

Mind / Body

Mats are provided but it is recommended you bring your own mat if you come on a regular basis. Mats can be purchased at Active Life for \$20, online or at local retailers. Yoga classes are practiced barefoot and include standing and mat movements.

Hatha Yoga - A gentle practice where you move slowly and smoothly through the poses. The focus is on holding the poses and integrating your breathing into the movement. Hatha is a great way to stretch, increase balance and core strength, relax, and decrease stress.

Vinyasa Yoga - Vinyasa, which means breath-synchronized movement, combines a series of flowing postures with rhythmic breathing for an energizing mind - body workout.

Pilates - This mat workout class is designed to lengthen and strengthen your core muscles (abs, back and hips) with body weight exercises. Based on the teachings of Joseph Pilates, these movements will help you gain postural alignment, muscular endurance, breath control and flexibility.