



Belleville Branch | Fitness Class Descriptions

GENTLEFIT – All are welcome! Traditionally attended by older adults, this class is suitable for any age group! Groovin’ to the oldies, basic strength exercises combined with low impact cardio moves; participants can enjoy a total body workout 3 times per week!

CARDIO-CORE-SCULPT – Upper body, lower body and core exercises mixed with a little cardio? This class will give you a SERIOUS calorie burn!

YOGA – Lengthen your muscles and relax your mind while being led through a series of traditional yoga poses.

CHAIR YOGA – Incorporating a chair into a traditional yoga practice makes yoga accessible for all! If balance or compromised stamina for standing positions has stopped you from joining a Yoga class, Chair Yoga is for you!

DANCEFIT – This class combines both NIA dance - A powerful fusion of dance, martial arts, and mindfulness practices with an eclectic and fun mix of popular radio hits!

CYCLE STRENGTH – This class works everything! Strength exercises and cycling drills - be prepared to SWEAT!

CYCLEFIT – 45 minutes of great music and cycle drills.

CARDIO STRENGTH – Cardiovascular training and resistance exercises using a variety of equipment.

HIIT – High Intensity Interval Training

CORE & STRETCH – This class combines traditional core exercises with a touch of Yoga and Pilates.

Classes can be adapted for any level of fitness; all are welcome!