

Class Descriptions for Group Fitness 2023 JW

InMotion -- Monday and Friday 8:15-9:00AM

A class for those looking to workout at a slower pace. A variety of cardio and strength movements are offered with modifications where necessary for anyone with joint issues or other limitations.

Fit4All -- Monday 9:15-10:00AM and Friday 9:15-10:15AM

Taking InMotion to the next level. A higher intensity version of strength and cardio exercises will give participants a boost in their fitness journey. All fitness levels are welcome, as long as you are ready to exercise.

Zumba – Monday 10:15-11:00AM and Wednesday 9:00-10:00AM

Burn those calories by dancing them away. No experience needed, this class offers a variety of dance styles and will help increase cardiovascular health with low impact moves.

Yoga – Monday 6:45-7:45pm, Tuesday and Thursday 10:00-11:00AM and Wednesday 6:30-7:15AM

This is a traditional yoga practice. The focus of this class is increasing flexibility and calming the mind with poses suitable for all levels of experience.

Yin Yoga – Friday 10:30-11:30AM

Passive floor poses that you relax into. Poses are held for 1-5 minutes. As we age, flexibility in the joints decreases. A regular Yin practice helps with joint circulation, flexibility & tension/stress relief. Suitable for all levels.

Hatha Yoga – Wednesday 6:45-7:45PM and Sunday 9:00-9:45AM

Hatha Yoga is great for increasing strength while also improving flexibility and circulation through the body. It also helps to calm a stressful mind. This class is geared towards motivated beginners and more experienced yoga practitioners because of its intermediate to advanced poses. However, variations and options are given to suit different fitness levels.

Chair Yoga – Wednesday 10:15-11:15AM

A gentle yoga practice, with the poses performed while seated and/or with the assistance of a chair. This class invites you to find mobility in a way that is soft and gentle, while also being supportive and beneficial to overall health.

Simply Strength -- Tuesday 9:00-9:45AM

A weight training class that aims to strengthen, tone, and define every in your body. Dumbbells, bands, and other equipment will be used to create a full body workout suitable for all fitness levels.

Bootcamp – Tuesday 5:30-6:15PM, Thursday 9:00-9:45AM, and Saturday 9:15-10:00AM

A high intensity class that is designed to push your limits, building speed and increasing muscular strength and endurance. The ultimate challenge for a total body workout.

CycleFit – Monday 9:15-10AM, Tuesday 6:30-7:15, Thursday 5:30-6:30PM and Saturday 8:15-9AM

The ultimate low impact workout to increase your cardiovascular health and endurance. This class offers a variety of intervals and drills, using upbeat music to keep participants motivated the entire time.

Total Body Blast – Monday and Wednesday 5:30-6:30PM

Are you ready for a total body workout? This class will combine cardio and resistance while integrating balance and core. Challenge yourself with dynamic endurance training, and finish off with flexibility.

TRX Circuit – Wednesday 9-9:45AM and Thursday 5:30-6:15PM

A fun circuit using suspension training straps for a full body workout. This type of training uses your body as a lever and is a great switch up to your usual routine.