

Land Classes

Beginner Level Group Fitness...

Absolutely Abs... This workout targets the abdominal muscles. Learn the proper form and technique for targeting the abs and obliques. Come join us in the studio for this 15-minute class!

Stretch Express... Need to improve your flexibility and balance or looking for a perfect way to end your workout? This 30-minute class will offer a soothing stretch; will improve your sense of balance, in a tranquil atmosphere, followed by a calming relaxation. You have the option of using a mat or sitting in a chair. All fitness levels welcome.

Senior Shape Up... This popular fitness class for older active adults is "senior –safe" & focuses on movement exercises for a heart healthy workout. This 45 min. class includes some traditional aerobics, line dancing, circuit station workouts & strength training exercises. Leave class with a renewed sense of confidence and join us for coffee immediately following in the lobby area.

Top 10 Reasons to attend Senior Shape Up:

10. Increased balance & mobility
9. Improved strength & posture
8. Increased fitness level & decreased body fat
7. Group Lunch the 1st Mon. of every month & holiday potlucks
6. Simple line dancing
5. Sleep better at night
4. Excellent music & dance (Chicken Dance)
3. Meet old friends and make new friends
2. An instructor who cares for you (a.k.a. Queen of Fitness)
1. Coffee is served after every workout.

Ready for More?

Sculpt & Tone... Rev up your lunch hour with this total body weight training workout! This class uses dumbbells, bands, fitness balls, tubing, gliding discs, the BOSU, etc. to challenge all the major muscle groups. Appropriate for all fitness levels.

Total Body Conditioning (TBC)... This class incorporates step, aerobics & muscle, using the step, body bars, athletic conditioning, jump ropes, body balls, cables, interval training, and the BEST music ever! The class format is a 4:2:1 pattern (4 min. of step training, 2 min. of aerobics & 1 min. of muscle). Step training provides the cardiovascular benefits of running, but stresses the joints little more than walking. All fitness levels are encouraged to attend this fun & challenging class! The instructor will offer low, intermediate, and high impact workout options.

Les Mills BODY PUMP... BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Hatha Yoga... Practices the fundamentals of Yoga through stretching, strengthening and proper breathing.

Cycling... Is a non-impact cardiovascular workout. No pounding on the joints! You will train wearing a heart rate monitor that allows you to workout at your own intensity and heart rate level, ensuring a more effective workout. Please bring your own water bottle!

Just Dance... Come dance to today's hottest new music! Using a variety of genre including Jazz, Hip-Hop, R&B, Rock & Roll and Classical. This hour class will begin with a 40-minute cardio portion and end with 15 min. of strength and stretching.

Ready for a Challenge?

Interval Challenge... Push yourself even harder as you combine weight training with a cardiovascular exercise. This class uses a variety of equipment to challenge all the major muscle groups and keep your heart rate pumped for the entire class. This class is not for beginners!

Power/Ashtanga Yoga... Uses dynamic breathing and a sequential order of poses to create an energetic, high heat workout.

Specialty Cycling Rides... Watch for periodic one-time specialty Cycling rides to test your indoor riding talents. For example, 3-hr. rides on a Saturday morning! Watch for details.

Water Classes

Beginner Level Water Exercise...

Aquacise...Low to medium intensity class great for toning and cardiovascular benefits. This class offers a fun, active, social environment for all ability levels.

Warm Water Yoga...Learn the basics of water yoga through gentle stretching, strengthening, and breathing techniques to gain flexibility and relax. Water yoga is therapeutic and supportive, allowing safe stretching that promotes balance, energy and relaxation. This class would be ideal for pregnant women and arthritic sufferers. Swimming ability not required. (Held in Avera's Warm Water Therapy Pool)

Young at Heart...It's easy on the bones and food for mobility, flexibility, and toning. Class offers you the chance to meet your friends for refreshing fun. This class is for seniors. Swimming ability not required.

Ready for More?

Water Wake Up...Start your morning off right! For those of you who aren't afraid to get your hair wet. A medium to high intensity workout creating stronger hearts and well-toned bodies.

Wild Water Workout...Medium to high intensity class utilizing all the muscles, especially the heart. Get wet & wild with this workout!

Water Volleyball...Volleyball is a water sport, too. Played in the deep end with a beach ball using a floatation belt or fins if needed. This class is intense, fun, and social!

Ready for a Challenge?

H2O Cross-Train... Come make a splash with this high intensity workout! Water offers the perfect solution to cross training. Do you like to jog? Try water jogging. Do you like to strength train? Try an aquatic class that uses equipment or webbed gloves. Do you like to ride bike? Try the newest wave in water fitness, the Hydroider. This class combines all three for a great cardio workout!

Hydro-rider...(not available in the summer) Welcome to the latest aquatic fitness trend...aqua cycling. The Hydro-rider is a unique aquatic indoor stationary bike, which allows you to pedal while immersed in the water, taking advantage of the added resistance of the water. There is nothing like it!

During Open Swim...

Water Basketball...Water basketball is a great and fun way to stay in shape! It is very similar to regular half-court basketball, but the water resistance makes it a low impact workout.

Check out some of our Specialty Classes...

Bootcamp Fitness...(check the dates) Boot Camp Fitness is a mix of innovative strength and cardio exercises that will work your body in new and different ways, developing both physical and mental toughness. Need a challenge?

Water Boot Camp...(check the dates) We are taking Boot Camp to the water for more sweat and fun! Water workouts are energizing, easy on the joints and offer 10x the resistance as land exercise. This class will utilize dumbbells, noodles, cables, Hydro-rider bikes, Steps, etc., to give you an awesome total body workout in the water. Boot Camp is 4 weeks in length and is included in the Plus membership. Not a swimmer? No problem! We have floatation belts for all the non-swimmers!

STOTT Pilates... (Runs year round) Whether you are working with a personal trainer, or in a small group class setting, the aim of STOTT Pilates remains the same: optimal musculoskeletal performance - strength, flexibility and endurance - without risking injury or building bulk. With a focus on core stability, including pelvic and shoulder girdle stabilization, neutral alignment and breathing, STOTT Pilates also helps restore the natural curves of the spine, relieve tension and enhance self-confidence. The result: a balanced and aligned body that looks fit, feels revitalized and moves with ease - important goals whether you are a beginner, rehabbing, or an elite athlete. Check at Member Services Desk for session dates and registration info.

Taekwondo...(Runs year round) Will assist participants in gaining flexibility, strength and skill, while incorporating discipline and control into the workout. Students will learn martial arts techniques as well as self-defense maneuvers. Taekwondo is appropriate for youth in kindergarten through adult, regardless of previous skill or aerobic ability. This class runs continuous throughout the year, paying monthly.

Yoga Bootcamp...(check the dates) Is open to beginners and yet still contains a more advanced component to each pose for more experienced students. Instructors will help you eliminate stiffness, improve coordination, prevent injuries and release the accumulated emotional and physical tension that is stored in the body as a result of daily stress and strain. If you are looking for something a little different ~ a jump-start to your workout program or the start of a lifestyle change, this class is for you. See the results that your consistent efforts can bring!

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