AOA Gym and Swim  Designed for active older adults. This class combines land and water exercise! For the first ½ hour you will be in the gym for seated strength and cardiovascular exercise and for the second ½ hour you will be in the Therapy Pool for more conditioning and flexibility exercises. Class meets 3 times a week. It will be a great workout and a fun time!

Yoga Stretch for AOA and Silver Sneakers  For the active older adult looking to improve flexibility, balance, and overall well being. Yoga stretch is a low impact spirit, mind, and body class.

Silver Sneakers  A strength and flexibility class designed for older adults. This class will improve your ability to perform activities of daily living.

Step Fusion  For all fitness levels combining step with cardiovascular, muscular strength, and muscular endurance activities.

Total Body Training  This class provides a variety of toning exercises to increase your muscular strength and endurance. Exercises use a variety of conditioning equipment.

Line Dancing  This class is for all fitness levels! Choreographed dance with a repeated sequence of steps in which members dance in one or more lines or rows.

Boxing Circuit Training  A form of conditioning combining resistance training and high-intensity aerobics. It is designed to be easy to follow and target strength building as well as muscular endurance. For beginner, intermediate and advanced fitness levels.

Awesome Abs  For all fitness levels a combination of abdominal strength and toning exercises.

Body Blast-  This class provides a variety of sculpting exercises to promote muscular strength and endurance. This class engages all muscle groups.

Cardio Combo  This class uses a mixture of step, hi/lo, and strength training. This is interval training at its best. A great cardio workout that works on all of your fitness needs. For beginner, intermediate, and advanced fitness levels.

Power Yoga  This class is for intermediate to advanced fitness levels. It combines balance and postural exercises in sequence for a more intense workout.

Yoga  For all fitness levels, this class combines breathing techniques with balance and postural exercises.

Pilates  This class focuses on improving flexibility, balance, coordination, and strength for the total body. For all fitness levels.

Boot Camp/Fitness Inferno  An intense workout for members who want to be challenged and pushed. This class is great for cardio conditioning and developing core strength.

Group Cycling  Group cycling is for beginner to advanced participants. The class is designed to give you a great cardio workout on a bike. Space is limited. To attend this class the instructor will hand out passes to participants waiting in line prior to the class. Please arrive early!

Glutes and Guts  A ½ hour of abs, glutes, back, and thigh exercises to strengthen and tone.

Zumba  This class in an intense but easy to follow fitness routine. It uses Latin dance and fun music for a great workout. Come join the party! Ages 12 and up are welcome!

Kick, Box & Spar  Kick and boxing combination rhythmically to music in a sparing format combined with total body training. A great and fun workout for everyone.

Incomparable Fitness  A strength and conditioning class for all fitness levels. Broad and simple exercises with high repetitions that will condition the entire body.