

GROUP FITNESS CLASS DESCRIPTIONS SEPTEMBER 2026

Balance & Stability	A senior chair class with easy exercises to build bone density, muscle mass, and flexibility. Balance skills are practiced.
Barre	A low-impact strength class that combines elements of ballet, Pilates, yoga, and strength training with moderate free weights.
Boxing Conditioning	An athletic conditioning class that utilizes boxing moves and technique to improve your cardio, strength and power.
Cardiosculpt	A full body strength training workout with short cardio bursts that utilizes weighted and bodyweight exercises.
Chair Yoga	A safe and gentle form of yoga which is practiced sitting on a chair or using a chair for support during standing poses.
Classic Yoga	A traditional-style mat yoga class for beginners; modifications offered for intermediate practice; no strenuous inversions.
Gentle Conditioning	Strength training that is gentle on joints and paced for progress, not stress. Chairs are used in this class.
Gentle Yoga	This is a great introduction to yoga for beginners or right for those who enjoy a full, yet gentler practice.
Happy Hour Yoga	An all-levels class blends Hatha Yoga and Yoga Nidra to help you build confidence, find balance, and deepen your practice.
MAS Early Morning Workout	Movement, Agility Strength!! Achieve your personal best with instructor expertise and group energy.
Moderate Vinyasa Flow	This is a dynamic and flowing heat-building class suitable for the physically active.
Muscle Mania	Weighted and bodyweight exercises are provided to increase strength and cardiovascular fitness.
Pound	With the energizing beat of drums, Pound uses lightly weighted "drumsticks" to transform drumming into an effective workout.
Spin	This class offers a challenging low-impact stationary bike ride with great music and group encouragement.
Tai Chi/Qigong	Gentle, flowing movements for balance, mobility, and mind-body calm.
Yin Yoga	A meditative practice that targets connective tissues like ligaments, tendons, joint capsules, and fascia. Poses are held for 3 to 5 minutes) entirely on the floor.
Yoga Core and More	Focus on the power center of your body: the abs, pelvis, glutes, and thighs. Blend targeted strengthening sequences with deep, intentional stretching.
Yoga Fusion	This is a traditional-style mat yoga class with Pilates-style challenges blended in.
Zumba	This cardio conditioning class combines Latin, international and pop music with great dance moves.

