

Class Descriptions

Strength (A): Get back to the basics!! Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing your lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories when you work out and at rest.

Cardio Kickboxing (C): Looking to release your frustrations? Come punch & kick it to music in a class that incorporates various punch & kick combos to improve cardiovascular endurance, muscular toning, & ab strength in a fun safe environment. This class is guaranteed to make you sweat!!!

Pound (C): Channel your inner Rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

Spin & Tone (B): An All-In-One workout!!! Resistance training, spinning, and body weight exercises that provide a great full body workout without over doing one mode of training. This workout will leave you with increased energy for the rest of your day.

20/20/20 (B): This class offers three segments of different types of cardio, strength and core based formats that can change every week. Each segment will be approximately 20 minutes long. If you are somebody that likes variety, then you will love the spontaneity of this class. Fusing together intensities & different types of exercises create intervals and variations that shock your body into getting more fit!

Fit Happens (B): What do you get when you bring cardio and TRX suspension together? A total body exercise system that leverages gravity and your bodyweight with added cardiovascular to develop strength, balance, flexibility, core and cardio simultaneously. A power packed class you don't want to miss.

Grit and Burn (B): Take your cardio to the next level with this conditioning class that will focus on strength, toning, and muscular development through the use of interval training, and CORE conditioning. Burn fat, improve cardiovascular health, and strengthen your body in this fun, upbeat class.

G.O.T. BALLS (get on the balls) (B): Enjoy a slowed down focus of core strength and stability using medicine and stability balls. Great for beginners through advanced levels. An intense total body workout designed to define and tone every muscle as well as improve muscular strength and endurance.

TABATA (B): Tabata training is a type of high intensity interval training that follows a specific format. It is 20 seconds of high intensity exercise followed by 10 seconds of rest and repeated up to 8 times. This class melts fat and increases muscular endurance!!!

Silver & Fit (B): Do you move at a slower pace, but want to increase energy levels, maintain everyday independence & improve overall quality of life? This class provides mature adults a safe & fun opportunity to meet new people and be physically active while working at their own pace performing basic strength & cardiovascular exercises

SPIN (C): PNF's indoor cycling classes offer a non-impact, highly effective way to build cardiovascular strength and endurance. Designed for all levels, these classes offer a challenging opportunity to get your heart pumping, burn serious calories and leave you with a feeling of accomplishment and perhaps a desire to be out on the road.