

GROUP FITNESS CLASS DESCRIPTIONS

AQUA

A cardiovascular work out using water resistance for a total body work out. Does not require swimming skills.

BELLY DANCING

This is a combination of pilates, yoga and bellydance drills. Beginner to Advanced join at any time.

BOOT CAMP

A way to improve your strength and cardio conditioning with the push of your teacher. A mix of weights, cardio and drills. FEES APPLY SEE FRONT DESK.

BUTT & GUTS

A 20-30 minute class designed to strengthen your abdominal muscles and some toning on your back end!!!

CARDIO CHALLENGE

A great workout that incorporates a variety of exercises to give you a great cardiovascular and strength training workout!

CYCLING

Get a great cardio workout as an instructor takes you through a cycling ride full of variety and fun. Beginner to Intermediate!

FIT FOR LIFE

Learn and train to be fit for life with Frederick. FEES APPLY SEE FRONT DESK.

KARATE

Please see front desk to join Karate. FEES APPLY SEE FRONT DESK.

KICKBOXING

Give your body the work out it's been craving. Kick box your way through boxing combos, bag instruction, toning, and abs. Full body work-out with variety every class. Beginning through Intermediate.

SUPER SCULPT

Tone and sculpt your entire body as you squat, lunge and lift with hand weights, fit balls and bands.

MUSCLE PUMP

This class uses the barbell along with weights for high rep low weight, full body toning class. Great for anyone, especially those that shy away from the free weights in the gym. Good for any fitness level.

PILATES

Pilates mat work is designed to build core body strength, flexibility, balance and body awareness. Suitable for most fitness levels.

NAUTILUS CIRCUT TRAINING

Join Andrew on the Nautilus Equipment in the weight room to enjoy your own group personal training. These machines are used to improve strength and build muscle.

SILVER SNEAKERS AEROBIC CLASS

For seniors young at heart! All Silver Sneaker classes have full descriptions on the monthly newsletter. Please see front desk for more details or just drop in to our classes.

STEP

Workout on the step with great combo work. Added weights with step at instructors discretion....beginning through intermediate.

YOGA BASICS

Basics of yoga taught to strengthen your muscles and increase flexibility as you practice your ability to reduce stress and muscle tension through yoga poses.

BEYOND YOGA BASICS/POWER YOGA

Take what you learned in yoga basics and move forward. Strengthen muscles, increase your flexibility and challenge your breathing and relaxation with this class.

ZUMBA GOLD

A great workout incorporating American to Latino dance movements for a good cardio workout as well increasing muscle tone. Very easy to catch onto! Beginner through Advanced. Come check it out!

ZUMBATONIC

The newest fun way to get fit!!! Only this one is for the youngsters! Your kids can get fit and have fun at the same time with Zumba for Kids!!!!