FirstHealth Fitness Group Exercise Class Descriptions

BODYBALANCE ™: A new generation yoga class that will improve your mind and your body through a series of simple yoga moves, elements of Tai Chi and Pilates. Shoes optional. Bring a Yoga Mat.

BODYBALANCE ™ Stretch/Yoga Stretch: Concentrated 30-minute class which focuses on stretching primary muscles & tai chi warmup. Shoes optional. Bring a Yoga Mat.

BODYPUMP ™: A class for all fitness levels that uses bars and plates with light to moderate weights and high repetition. BODYPUMP gives you a total body workout.

BODYSTEP ™: A workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises, and the result is a fun, uplifting, full-body workout.

BODYCOMBAT ™: A total body mixed martial arts workout designed to give you maximum calorie burn and improve overall cardiovascular training. We'll mix moves from Boxing, Karate, Muay Thai, Kung Fu and Tae Kwan Do to build power, speed, and endurance. It's a high-energy non-contact workout that will leave you feeling empowered and help you relieve stress. All are welcome and modifications will be given.

Bootcamp: High intensity class that uses intervals, strength, power, and cardio movements for total body work.

Cardio Burn: A 45 minute "bootcamp" style high intensity interval training class using cardio and strength movements.

Lift & Burn: A full-body workout that starts with strength training and ends with 10-15 minutes of heart-pumping cardio. In this class, you will hit the weights first. Using barbells and dumbbells to build muscle and increase strength, then shift into high-energy cardio to BURN it out and increase endurance. Be ready to lift, sweat, and feel amazing. All levels welcome.

LES MILLS CORE ™: A 30-minute core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core.

Dance Fitness: Cardio class that uses dance movements to create a cardiovascular workout with bodyweight toning included.

Zumba: A total body workout combining Latin & World Rhythms with elements of fitness – cardio, muscle conditioning, balance, and flexibility. Zumba mixes low-intensity and high-intensity moves for an energy boosting, interval style, calorie burning, dance fitness party!

COMMIT: A dynamic, fun filled HIIT influenced dance workout with routines taught in levels to introduce movement, modifications and variations focusing on essential fitness elements to a variety of popular music from all over the world that will inspire everyone to get moving!!

Indoor Cycling/RPM ™: A cardio peak cycle workout using simulated climbs and sprints to burn calories and improve cardio fitness.

Pilates: A strength and flexibility workout of core conditioning and overall body toning that uses coordination of movement with breath for improving mind/body awareness. Bring a Yoga Mat.

Pilates Barre: Strengthen and tone your body utilizing classic ballet barre and bodyweight exercises.

Exercise Is Medicine: Senior fitness and new exerciser programming that uses chair and standing exercises for cardio, strengthening and balance.

Exercise is Medicine CYCLE/ EIM RPM: A senior and new exerciser workout using the non-impact benefit of cycling bike. EIM RPM version is Les Mills choreographed with added breaks for recovery and fewer tracks for a shorter ride.

SPRINT ™ /HIIT Cycle: High intensity interval training on a bike. It's quick (30 minutes) and hard for rapid results.

TONE ™: A workout which combines blocks of strength, cardio, and core training to work the whole body and elevate the heart rate. A multi-level 45-minute class.

Gentle Yoga Flow: A Yoga class that is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body and slower paced movements focusing on alignment, strength, balance, and flexibility. Shoes are optional. Bring your own Yoga mat.

Gentle Yoga Reset: A Yoga class that incorporates gentle Yoga stretching with gentle somatic movement to leave you relaxed and invigorated. Bring a Yoga Mat.

Yoga: A calming class that uses slow movements and stretching to improve balance and flexibility. Shoes are optional. Bring a Yoga Mat.

Yoga Sculpt with Weights: An advanced yoga class that incorporates strength training into traditional yoga movements. No Shoes Required. Bring a Yoga Mat.

Yoga Sweat: Yoga Sweat is a power yoga class for beginners, designed to get your heart pumping and your muscles burning. No flexibility required! Shoes optional. Bring a Yoga Mat.

Power Vinyasa Yoga: explore the mind/body connection, linking breath to movement through dynamic & challenging sequences designed to build strength, increase stamina & lengthen & tone the body.

Advanced Yoga: Challenging poses and practice requiring significant strength, flexibility, and mental focus. Often focusing on deeper alignment, subtle body awareness, and cultivation a strong connection between mind and body.

AQUA CLASSES: Aqua Aerobics: A class with aqua cardiovascular movements and toning exercises.

Aqua HIIT: High intensity aqua training with an extended cardiovascular segment followed by core and cooldown.

Aqua Fit: A cardiovascular workout, gently increasing your pulse and breathing rate, so it's great for helping to improve your heart health. It strengthens and tones muscles.

Aqua Movement & Stretch – Yoga based aqua workout focuses on core exercising and stretching.

Aqua Tone: Muscle conditioning class using floatation devices and natural resistance of the water for all levels.

Deep Water Jogging: A cardiovascular, non-impact aqua class in deep water using a floatation belt. Designed for all levels.