

HEALTHY STARTS HERE GROUP EXERCISE CLASSES

Cardio Kickboxing with Rudy

This high-output, martial arts driven program, will accelerate your heartrate and challenge your stamina.

- Thursdays
- 6:00PM - 6:45PM
- Covered Recreational Center

Tai Chi with Mary

This class is a moving form of QiGong, a fluid series of slow-moving poses designed to release tension and promote internal strength.

- Saturdays
- 10:00AM - 10:45AM
- Covered Recreational Center

Rehab Exercise with Rachelle

Learn the foundations of rehab exercises including strengthening and stretching muscles in order to alleviate symptoms from physical conditions or sports related injuries.

- Tuesdays & Thursdays
- 8:00AM - 8:45AM
- Huff Aquatic Center

Power Waves with Joy

An intense aqua workout with a combination of interval training, plyometrics, power moves and choreography that will improve your cardiovascular fitness, muscular endurance and strength, coordination, balance and flexibility. It's fun!

- Mondays & Wednesdays
- 9:00AM - 9:45AM
- Saturdays
- 8:30AM - 9:15AM
- Huff Aquatic Center

Body Works with Michele

Principles of strength training are incorporated in this challenging program that is synchronized to upbeat music. Members need to bring their own workout mat.

- Mondays & Wednesdays
- 6:00PM - 6:45PM
- Outdoor Activity Playground

Aqua Fit with Rachelle

This low-impact program combines both strength training and aerobic conditioning while in the pool.

- Tuesdays & Thursdays
- 9:00AM - 9:45AM
- Huff Aquatic Center

Youth Fitness with Matthew and Michael

This exciting new program will help your child develop and improve basic movement principles while they learn the benefits of leading a healthy and active lifestyle. This program is open to all levels of fitness and all children 7-12 years of age.

- Tuesdays & Thursdays
- 6:00PM - 6:45PM
- Outdoor Activity Playground