

Easton Group Exercise Class Descriptions

AQUA CLASSES

AQUA FIT - This class is designed to improve cardiovascular health, strength, and flexibility all while being easy on the joints. Set to energizing music, Aqua Fit combines aerobic exercises, resistance training, and stretching.

AQUA TONING - This water-based workout uses the natural resistance of water to target and strengthen all major muscle groups. Perfect for all fitness levels, this class combines low-impact aerobic exercises with strength training to build lean muscle, improve flexibility, and increase overall strength.

LAND CLASSES

RANGE OF MOTION & BALANCE - This class is specifically designed for older adults looking to improve flexibility, joint mobility, and stability. This class focuses on gentle exercises to enhance range of motion, build strength, and improve balance essential for maintaining independence and reducing the risk of falls.

CORE & STRENGTH - A short 30 minute workout designed to focus on strengthening your core muscles.

CYCLE - Our instructors will take you on a journey that includes standing and endurance rides, hills, climbs, intervals and sprints.

CYCLE & SCULPT - This class combines everything you love about cycling with the benefits of strength training for a complete full body workout.

KICKBOXING - Aerobic conditioning with a PUNCH and KICK!

LATIN HEAT - Latin Heat brings the pulse of Latin music to life with an exciting blend of salsa, bachata, merengue, and reggaeton. Whether you're a seasoned dancer or a beginner, this class will guide you through essential moves, techniques, and choreography that will get you grooving to the beat. Embrace the rhythm, feel the heat, and unleash your inner dancer in a fun and welcoming environment

MORNING MIX - A full body workout that will focus on cardio, strength balance and core. Each week offers a different workout with various equipment to give you a great workout!

POWER HOUR - Power Hour helps you build strength, improve focus, and achieve your goals in just one hour. It's a fast-paced, action-packed session that maximizes results and leaves you feeling empowered and accomplished.

PURE STRENGTH | This class places emphasis on heavy lifting to build muscle through more isolated movements. A full body workout that supersetts muscle groups resulting in pure power.

R.I.P.P.E.D - Classes are high energy that combine cardio, strength training, and other elements to create a full body workout, designed to be plateau-proof and suitable for all fitness levels.

SILVER SNEAKERS BOOM MOVE - a higher intensity dance workout class that improves cardio endurance. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

SILVER SNEAKERS YOGA - This class includes seated and standing poses, gentle movements, and variations on essential Yoga moves. This class is intended to increase flexibility, balance and range of motion, and uses a chair for balance and to accommodate different fitness levels.

TAI CHI | Uses a series of slow, gentle movements that build both strength and flexibility. Along with the mental components of balance promoting awareness and good body mechanics.

TOTAL BODY STRENGTH - This class is designed to challenge and transform your entire body! This dynamic workout combines compound movements and functional exercises to engage all major muscle groups, enhancing strength, stability, and endurance.

YOGA | Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility.

YOGA FUSION - Yoga Fusion combines the calming flow of yoga with the strength and intensity of other fitness modalities to create a unique, full-body workout. This class seamlessly blends traditional yoga poses with elements of Pilates, strength training, and functional movement, offering a dynamic and balanced workout.