

Fitness Class Descriptions

The Aerobic Class Schedule is posted at the community center as changes may occur. Possible class offerings are described below. Most classes are free to Members. Non-members may purchase a \$40 punchcard for 10 classes.



Body Sculpting: Designed to efficiently and effectively work all major muscle groups, utilizing weights, bands, stability balls and medicine balls. There is NO cardio work done and a proper cardio warm-up is recommended before coming to class. Join us in this energy boosting workout.

Body Toning Plus: Cross train with a new energetic format that focuses on your whole body with strength training drills. Class ends with abs and stretches.

Boot Camp: See Fitness page 19 for description and times.

Brushy Creek Kids Running Club: Focuses on fundamental aspects of distance running - endurance training, interval runs, stretching, and nutrition. Great way to be outside and have fun with friends. Open to all levels!

Calorie Killer: A combination of weights, step drills, med-balls, and squats, broken up by bursts of high intensity cardio. Guys this class is for you too!

Hip Hop Dance: A funky, energetic street dance style class that focuses on helping you feel comfortable in getting your “groove on” in a low-impact workout.

Intervals: Cardio conditioning and resistance work all in one. This one hour class, adaptable for all levels, may utilize the step, weights, resistance bands and jump ropes to achieve a full body workout.

Interval Kickboxing: High intensity class alternating between kickboxing and strength training. Great cardiovascular workout and muscle conditioning class.

Kickboxing: A high intensity kickboxing class with punching and kicking series. Abdominal toning & muscle sculpting, along with stretching at the end of the class, provide a full body, well balanced workout.

Latin Dancercise: Starts with a stretching warm-up and gradually builds energy to the tempo of Latin music, ending with a complete “dance experience”. High-energy, low impact workout - FUN for everyone.

Low Impact: Perfect class for our active seniors. A great cardiovascular activity with a minimum amount of impact along with some resistance training.



Pilates Class: Pilates strengthen and tone muscle, improve posture, provide flexibility and balance, unite body and mind, and create a more streamlined shape.

Step N Tone: Beginner friendly 40 minutes of stepping followed by 20 minutes of toning and a cool down stretch. Great for beginners to intermediate students!

Strength Training: Muscle conditioning class focusing on toning your muscles by using free weights and resistance bands, increasing your metabolism.

Stretching for Health: A fun and exciting class focusing on stretching exercises that will be beneficial to each individual. These flexibility exercises will allow you to perform functional everyday activities.

Teens in Training: Learn how to properly use cardio and weight machines, proper exercise form and technique. Be in the know about weight room etiquette and appropriate attire.

Tone to the Bone: Focuses on firming up muscle groups with some cardiovascular work to help burn off those excess calories.



Yoga Intro: Learn to relax mind and body and in the process release tension and stress in your daily life while increasing flexibility.

Yoga Groove: Uses movement and breath to produce a “flow” of postures that lead naturally from one to the next. The connecting movements between the postures help create enjoyable sequences that work on different areas of the body. Students need to be familiar with basic postures of Hatha yoga before attending class



Prenatal Yoga: Prenatal Yoga provides a gentle, safe practice for pregnant women. Participants gain flexibility, focus, and strength through a gentle practice that is designed especially for the pregnant woman’s needs. Connect with other mothers-to-be in a supportive environment.

Youth Fitness Training: Have fun improving your strength, flexibility, and agility for anything you want to do! This class will take you from the exercise trail outside to fun activities in the gym.