

Class Descriptions

Zumba: an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music

Tai-Chi: slow, rhythmic, meditative movements designed to help you find peace and calm. It is also known to alleviate stress and anxiety; a form of “meditation in motion.”

Yoga: ascetic discipline involving breath control, simple meditation, and the adoption of specific bodily postures; widely practiced for health and relaxation

Stretch Release: a combination of yoga, breema, and dynamic stretch; focus on tensions arising and releasing in the body while stretching

Cardio Tennis: Work on your footwork, balance, speed and stroke mechanics!

Junior Swim: Coached workouts the focus on techniques and sportsmanship