

CARDIO BLAST (60 Minutes)

An intense cardio and weight training class designed to create a strong, sleek body, burn body fat, break through fitness plateaus, and increase your overall aerobic capacity. You'll push your cardiovascular limits using a variety of intervals, circuits and equipment, while keeping everything fun, fresh and exciting!

CYCLE (45 Minutes)

Ready for a heart-pumping, calorie-burning experience? Let the instructor take you on a virtual bike ride on one of our NEW stationary bikes. A great cardio workout for the beginner to the athlete that is easy on the joints.

INSTRUCTOR'S CHOICE (60 Minutes)

The name says it all! Come to this 1-hour workout and expect a different challenge each time. The instructors will offer their favorite formats. Be ready to push your body with the different cross training options!

PUMP and PUMP XPRESS (45-60 Minutes)

Pump uses barbells and other resistance equipment to tone and condition your muscles and ramp up your metabolism. Numerous studies prove this rapid fat-burning class format is one of the fastest ways to lose body fat and shape your muscles! The Pump Express class offers you the same great class you are used to, in an abbreviated version to get you back to work on time.

SILVERSNEAKERS SS CIRCUIT (45-60 Minutes)

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SILVERSNEAKERS SS CLASSIC (45-60 Minutes)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SILVERSNEAKERS SS YOGA (45-60 Minutes)

Silver Sneakers Yoga will move your whole body

through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SPLASHERCISE (45-60 Minutes)

A water conditioning class that utilizes water's buoyancy to virtually remove impact as well as its resistance (12% more than air) to help strengthen and define muscles. This combination will help enhance quality of life and daily functions as well as help members improve agility, range of motion and cardiovascular conditioning.

TAI CHI (60 Minutes)

Originally developed as a Martial Art for self-defense, Tai Chi is a non-competitive, self-paced system of gentle physical exercise and dynamic stretching. Sometimes described as "Meditation in Motion", it promotes serenity through gentle movements connecting the mind, body and spirit, through a sequence of blissful postures. Tai Chi consists of slow intentional movements incorporating breathing and mindful imagery to help promote relaxation, strength, connection of the physical body and mind, as well as, enhance the natural flow of Chi (life force), and improve one's health and personal development.

YOGALATES (60 Minutes)

This East meets West, winning combo of Yoga and Pilates thrives on the strengths of our instructors and emphasizes improving body definition, balance, strength, flexibility and overall wellbeing using various training tools. Expect something challenging and different every time. Class ends with a refreshing time of relaxation.

ZUMBA (45-60 Minutes)

The Zumba® program fuses hypnotic Latin Rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

CAC Group Exercise Schedule

