

BOSU™ BODYBASICS:

The Bosu is domed on one side and flat on the other, creating a tool used to challenge your core muscles, strength, balance and stability. This class uses the Bosu in a variety of ways, from cardio to strength training. All levels

BOSU™ CARDIO:

A blend of all your favorite cardio options . . . low-impact, step and kickboxing . . . all using the Bosu to enhance the challenge and increase variety.

BUTTS 'n GUTS/PILATES:

30 minutes to help lift and tighten glutes, thighs and legs while flattening and toning your tummy, followed by 30 minutes of Pilates to build your core strength and flexibility leaving you longer and stronger.

CARDIO COMBO:

An up-beat class using a variety of techniques using hi/low-impact, step aerobics, kickboxing, strength and balance training and much more! All levels

CARDIO KICKBOXING:

A combination of moves and stances developed from a range disciplines such as boxing, Tai Chi, and kickboxing. It's a fierce energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it's a great cardiovascular workout that's all-out fun.

CARDIO TENNIS:

For anyone who wants to jump-start their cardio while hitting tennis balls to music. Instructor led. No tennis experience necessary. Try the nationwide #1 tennis group fitness class...it's a smash! All levels

CORE & PILATES:

Varied exercises challenge and improve balance and coordination. This class strengthens abdominals, lower back and core muscles, producing tight glutes and abs! Sticky/yoga mat recommended. All levels

DRUMS ALIVE™:

Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. Using the stability ball and a pair of drumsticks, experience rhythms and movements to help release stress, while enjoying the benefits of physical, emotional and mental health. All levels

FIT CAMP:

A combination of drills, circuits and intervals of strength and cardio. Uses bands, ball, step, Bosu™, and free weights to create a total body workout! No experience needed.

HYDROWORKS:

Twelve times more resistant than land-based exercises using the same intensity. Splash into the pool and experience smaller waist lines, increased muscle strength, flexible hamstrings, and reduced lower back pain. Low-to-no impact with high fitness returns. All levels

INDOOR CYCLING:

Conquer hills, win sprints, tone legs, experience energy and spin away the calories in this indoor cycling class. No bicycling experience required. Bring water and a sweat towel!

LUNCH CRUNCH CARDIO:

Take a break from the phones, emails and faxes to work off some stress. Our lunch-time class is an express cardio and strength workout using a variety of tools. All levels

PILATES:

This mat-based class created by Joseph Pilates uses the method of training the body by focusing on the Powerhouse. Build core strength and flexibility with focused breathing. Improves posture and muscle balance leaving you longer and stronger. Sticky/yoga mat are recommended. All levels

PiYo™:

PiYo mind/body for hyper people. An athletic fusion style strength & flexibility mat class that combines Pilates and Yoga focus. Flow or fusion of the moves adds variety and challenge. Sticky/yoga mat and bare feet are recommended. All levels

REP REEBOK:

Pre-choreographed strength training designed to be used with a step or Bocu and free weights. Each month emphasizes a varied set of exercises and training that gives participants pleasing results. No experience required.

SILVER&FIT:

A non-impact conditioning class for older adults. A circuit format with alternating resistance work and aerobic conditioning. Students use hand-held weights, elastic tubing with handles, and various other tools for a total body conditioning class addressing strength, flexibility, endurance, balance, coordination, agility, speed and power. In Chehalis.

LEVEL II - For adults with prior exercise experience and who are moderately active.

SILVERSNEAKERS:

Muscular Strength & Range of Movement. A variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Currently in Centralia only.

STEP CARDIO:

A step platform with varied routines plus a mixture of cardio training. Energy filled, body-transforming experience. (Mix may include floor work or other cardio workouts)

TURBOKICK™:

Burn up to 800 calories with an addictive workout that combines kickboxing, sports drills, dancing, and simple dance moves in a party atmosphere. You'll kick, punch and groove away in this action-packed, super-fun, super-safe and effective cardiovascular workout.

YOGA

Strength, flexibility and breathing methods improve posture and overall well-being with an emphasis on releasing stress physically and mentally. All levels

ZUMBA™:

Latin and internationally inspired music and dance moves create an exciting and effective aerobic/fitness workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Whether you know how to dance or not, Zumba will make your body move to the beat, sweat your cares away, and keep you coming back for more! All Levels