

Power Step challenges you with an intense cardio workout on a step platform. Motivating music pairs with interesting choreography to get you energized.

Intensity Level: High

Complexity: Intermediate – Advanced

Step & Strength begins with a complex 45-minute step class followed by approximately 20 minutes of weights. Finish with abdominal work and a well-earned stretch for a total class time of 75 minutes.

Intensity Level: High

Complexity: Intermediate – Advanced

Total Fitness starts your day with a complete strength training workout using barbells, dumbbells and bands. Members new to strength training can safely begin with this instructor-designed, hour-long class.

Intensity Level: Low – Intermediate

Complexity: Low – Intermediate

Zumba fuses energetic Latin rhythms with easy-to-follow dance steps to create a dynamic and exciting workout. Suitable for beginners as well as long-time Zumba enthusiasts, this class will keep your feet moving and your heart pumping!

Intensity Level: Intermediate – High

Complexity: Basic – Intermediate

MIND/BODY CLASS DESCRIPTIONS

NIA incorporates elements of martial arts, dance and yoga for a cardio-dance-fusion experience. This extraordinary cross-over class provides a core, flexibility and strength workout.

Pilates Mat classes improve strength, flexibility, coordination, alignment and balance. Participants work on building core strength and enhancing the mind/body connection. Great for strengthening the abdominals and lower back, Pilates classes vary in intensity and complexity.

Gentle Pilates features all the benefits of a Pilates Mat class at a less intense pace and is ideal for those new to Pilates, recovering from injury, or coming back to exercise.

Power Pilates offers a more intense routine than a standard Pilates class and is best suited for experienced exercisers. If you're ready to step it up a notch in Pilates, this class is for you.

Tai Chi, as a graceful, ancient Chinese standing exercise form, combines relaxed slow movement with a calm yet alert mental state. Both a Martial Art and a Moving Meditation, Tai Chi improves breathing and circulation, while reducing stress and is suitable for all ages and fitness levels.

Yoga is a 5,000 year old practice emphasizing the connection between the mind, body, and breath. A Yoga class develops strength, balance, stamina and flexibility while focusing on mindful movement and awareness of breathing. TAC offers a variety of Yoga classes for your level of interest, ability and goals. Participants may bring their own mats or use those provided by TAC.

Beginning Yoga is suitable for first-timers and those wishing to refresh themselves on the basics and principles of Yoga. Classes provide a good balance of increasing flexibility, building strength and endurance and relaxing the muscles and body.

Gentle Yoga is designed for the beginning Yoga student, those recovering from injury or illness, pregnant women and anyone seeking a relaxing, strengthening and inspiring practice. Slow and deep yoga poses are well-described and demonstrated, with encouragement of awareness and modifying to your own best interests and limitations.

Tri-Yoga is presented as a systematic method and so is appropriate for all ability levels. With an emphasis on postures, breathing, and deep relaxation, students of Tri-Yoga can expect to increase their flexibility, strength, endurance, and mental focus.

Yoga Burn and Groove blends classic Yoga moves with mainstream popular music, moving outside the typical quietness of a Yoga class. Created as a class for continuing beginning and intermediate level Yoga, it incorporates movement flowing with breath, but emphasizes holding poses for longer time periods in order to maximize calorie burning and muscle strengthening.