

Staenberg Family Complex Fitness Class Descriptions

Ballroom, Latin & Swing Dancing: Dancing taught for anyone of any age! Wear comfortable dancing shoes. A partner is not required.

Basic Training: This class is your wake up call! This early morning workout is a great way to start the day and involves a combination of cardio and strength training intervals similar to a Boot Camp style personal training.

Cardio Combo/Stretch: A class with all fun different ways to get in your cardio workout, finished with stretching and abdominal work.

Circuit Training: A circuit training class lead by a personal trainer in our circuit training studio. A well rounded workout utilizing fitness equipment.

Everlasting Strength: A low-intensity strength and endurance class, also building stability, mobility, balance and flexibility.

Forever Fit: A low-intensity aerobic class giving you a great cardiovascular workout. Also combining strength and endurance, joint stability and mobility, balance and flexibility.

Hip Hop: This beginner low stress, high energy class provides technical instruction and encourages personal expression! No previous training in Hip Hop required.

Kettlebell: This class will offer cardiovascular, resistance and weight control benefits.

Nia: Is a well-being fitness and lifestyle practice inspired by Martial, Dance and Healing Arts.

Pilates Fundamentals: An introduction, the basics of Pilates.

Pilates on the Beam: A core-based training that will tone, improve balance, flexibility and posture.

Pilates: A progressive series of exercises, based on the methods of Joseph Pilates, designed to increase the strength of your body's core (abdominals, back, glutes and hips) while lengthening the muscles.

Sculpting: Group training utilizing dumbbells, body bars and other strength training equipment. Class rotates monthly between strength, power and endurance formats, providing the changes you need to avoid the plateaus and maximize results.

Spin: An aerobic exercise that takes place on a stationary bike. Experience taking a ride while an instructor talks you through a visualization of an outdoor cycling workout while motivational music plays.

Stepping Up: This class combines choreographed step with the BOSU to make you sweat! Increase your cardiovascular and muscular endurance and leave for the day feeling energized.

Total Conditioning: This class combines anaerobic activity with plyometric and calisthenic drills to offer a challenging option in your cardio routine.

Triple S: This class combines the best of step, sculpt and stretch to increase your cardiovascular/muscular endurance and increase your flexibility to send you on your way feeling energized!

TurboKick: An energizing kickboxing interval class. Cardio that uses intensity drills and increased energy sprints followed by work recovery segments.

Yoga: Build strength, flexibility and balance through a unique combination of breathing techniques and postures. All classes are "multi-level" unless otherwise noted; instructors will determine level of class.

Zumba: A fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

50/50: A class focusing on cardiovascular, muscle endurance and flexibility geared for all fitness levels.

Aquatic Classes

Aqua Burn and Firm: An energetic and invigorating class that combines aqua aerobics and strength training for a total body workout.

Aqua Cardio Conditioning: Moderate-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

Aqua Zumba- A dance pool party for all ages and levels. It brings the moves and music of Zumba into the water. Full body workout that pushes the resistance of the water to the max.

Arthritis Foundation Exercise: Program participants are led by trained personnel through a series of specially designed exercises which, with the aid of the water's buoyancy and resistance, can help improve joint flexibility.