

CLASS DESCRIPTIONS

ADULT CLASSES

Aikido

A workout that increases strength and flexibility while helping increase confidence.

Boot Camp for Beginners

Boot camp style strength & conditioning uses technology including gliding disks and flex bars.

Cardio Blast

Mix of low impact aerobics and high energy step training for a great cardio workout.

Core Combo

Unique combination of core strengthening and cardio training to chisel and challenge the body.

Cardio Kung Fu - Sifu Mike of USA Kung Fu Academy

High energy, fun workout mixes basic Kung Fu movements with a cardio pace.

Cardio Kickboxing

Cardio program that incorporates punches, jabs, and boxing techniques.

Cardio Powersculpt

A combination of cardio, core and strength training workouts.

Core Yoga

strengthening through traditional yoga postures and breath work.

Energize Step

Combination of low impact, high energy step routines designed for body sculpting and fat-burn.

Forever Fit

A certified personal trainer will coach active older adults through a range of efficient workouts.

Hatha Yoga

The gentle art of stretching and relaxation. Increase flexibility and improve muscle tone.

Karate

Build strength, flexibility, confidence, and discipline through Tang Soo Do Karate.

Live for Life: Exercise Program

A senior fitness class emphasizing balance/fall prevention, stretching and strengthening.

Live for Life: Yoga

Designed to help with common ailments including: arthritis, back pain, headaches and sleep problems.

Low Impact Aerobics

Great class for beginners and people who are looking to get back in shape.

Mix It Up

A body toning class that gets your heart pumping, burns fat and builds lean muscle.

Pilates, Traditional Pilates of Cape Cod

Traditional Pilates Mat Class, Presented by Traditional Pilates of Cape Cod.

Powersculpt

Improve your overall strength and muscle tone while increasing your energy level.

Tai Chi

Ancient martial art known for exercises that improve balance, flexibility, and coordination.

Yoga Conditioning

Focus on strength, grace and flexibility through a variety of poses and relaxation techniques.

Yoga Flow

Challenging style of yoga blends continuous movement with holding of traditional poses.

Indoor Rowing Class

Low impact high calorie burning workout with Cape Cod Rowing instructor Alyse Demary.

Youth Classes

Youth Karate

Tang Soo Do helps build strength, flexibility confidence, discipline and control.

Youth Xergames

Fun games improve cardiovascular fitness, core strength, agility, coordination, and reaction time.

Preschool Classes

Pre-Ballet

Basics of ballet and performance opportunities instructed by Atlantic Coast Dance Academy.

Preschool Intro to Tumbling

Introduces the fundamentals of gymnastic tumbling, enhances balance and coordination.

Preschool Intro to Hip Hop & Jazz

Basic dance moves for Hip Hop & Jazz. Kids develop confidence and balance.

Preschool Xergames

Fun games improve cognitive development, coordination and social skills.

Core Yoga

strengthening through traditional yoga postures and breath work.