

Group Fitness Classes

Group fitness classes are designed for absolutely every BODY! Your health is our business, and we are here to help you reach your goals - we succeed by helping you succeed. Take a chance and take a class, because you are worth it!

Bootcamp - An intense interval class incorporating cardio and strength training. No coordination? No problem! This class is dance and choreography free.

Centergy™ - Redefine yourself in this 60 minute journey of Yoga and Pilates movements. Positive, uplifting music and supportive instructors will enable you to center your energy and reduce stress. Centergy is for all ages and fitness levels.

Cardio and Strength Conditioning - This multi-level cardio and muscular conditioning class will include nonstop energy and fun. All levels welcome.

Circuit Training - This class will take you through a series of exercise stations to work strength, endurance, cardio, or a combination of all three.

Core Express - Work the abs and low back in this ½ hour format.

Family Yoga - Get the Yoga experience with your entire family. Ages 10 and up.

Group Active™ - Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. Get more out of life, Get Active!

Group Kick™ - This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence. Group Kick will keep you punching, kicking and smiling.

Group Power™ - This 60 minute barbell program strengthens all major muscles in an inspiring, motivating group environment with great music and awesome instructors. Group Power is for all ages and fitness levels.

Group Step™ - Discover new heights with Group Step. This 60 minute cardio program strengthens and shapes the lower body, one step at a time.

Hatha 1 - Yoga poses designed to build strength, flexibility and balance as you reduce stress and enhance your concentration.

Hatha 2 - Same as Hatha 1 with emphasis on more challenging poses.

Pilates - Participants of all levels will benefit from this mat-based floor workout designed to improve your posture, core strength, and flexibility. Based on the teachings of Joseph Pilates

Pilates Fusion - A fusion of Pilates and Yoga to improve posture, core strength, flexibility and balance.

Step - A cardiovascular class featuring the latest choreography. Power moves may be included.

Strength Conditioning - Improve your strength and muscle tone with this group strength training class. All levels welcome.

Vinyasa Flow - A blending of synchronized breath with yoga postures, creating smooth movement for increased strength, flexibility and balance. Discover your edge.

Zumba - Join today's hottest fitness phenomenon and dance your way to fitness. Zumba is for all ages and fitness levels.

Aquatic Classes

Aquatic classes are designed for everyone! Implementing water workouts into your routine is an excellent means of cross training and provides an outstanding challenge. The natural buoyancy of the water reduces stress and compressive forces on the joints of the body. Water also provides a safe environment for moms-to-be. Dive into water workouts and reap the rewards! Please wear water-friendly shoes to all classes.

Aqua Intervals - Rotate between two or more exercise formats while using a variety of equipment. This fast moving class combines your favorite cardio and strength formats.

Aquatic Cardio - Combine high intensity and choreography to achieve maximum results.

ATHLETICO Therapy - Basic therapy open to ATHLETICO patients and members of WAC.

Laps & Drills - A swimming workout session designed to improve your stroke and swim skills.

Indoor Cycle Classes

Cycle classes are for all ages and fitness levels. Be prepared to sweat off those calories! Indoor riders are encouraged to wear comfortable, breathable clothing to class, bring a full water bottle, towel, and wear appropriate shoes. Kaiser bikes are compatible with "SPD" clipped cycling shoes; however, hard-soled gym shoes are allowed.

Group Ride™ - Everyone finishes first in Group Ride! This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group

Core Cycle - Cycle class with added core training at the end.

Cycle - A Fun, challenging class that will increase your strength, endurance and speed like no other.