Fitness Fun!

Need a break from the everyday stresses of life? Interested in exploring newe and exciting activities with the whole family? Try one of Lifestyle Fitness Club’s new informal classes. Come and dance with a spouse or freind. Spend some quality time with the kids. Or come alne and decompress.

class Descriptions

Tai Chi

A introduction to Chen stye movements taht are practiced slowly in a relaxed manner cooordinated with deep breathing.

move to Movies

Soundtracks, moviee clips, and scene participation make this course something special! Sing along, dance along, and act along to movie classics suitable for the whole family.

families in Motion

An exercise class for the whole family, this course offers something for moms, dads, and kids.

Beginning Ballroom Dance

Now you can learn the Rumba, Cha-Cha, Waltz and Fox Trot! Fel confident and in sync on the dance floor.

Dads and Lads class

This course is a father/son workout featuring batting and putting practice, plus strength training.

water Dance

This truly unique workout is a graceful, low-impact course. Learn some of the basics of synchronized swimming under the stars.

Hip-Hop and Swing

Hip-Hop Dance instructors share the basics in this high-energy exciting class.

Line Dancing

Learn some of those nifty steps made famous in television and movies.

Day class Time Length of class

Sunday Tai Chi 6:30 60 mins

Mnday Families in MOtion 6:00 and 7:00 50 mins

Tuesday Water Dance 7:00 50 mins

Wednesday Dads and Lads 6:00 and 7:00 50 mins

Thursday Hip-Hop and Swing 7:00 50 mins

Friday Move to MOvies 7:00 90 mins

Friday Beginning Ballroom Dance 7:30 60 mins

Saturday Move to Movies 6:00 and 7:00 90 mins