

Fitness Fun!

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

class Descriptions

Tai Chi

A introduction to Chen style movements that are practiced slowly in a relaxed manner coordinated with deep breathing.

move to Movies

Soundtracks, movie 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! Feel 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
Monday	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