

Fitness Class Descriptions

Cardio Box

The combining of boxing aerobics, jump rope training, resistance balls, drills, plyometrics and body weight exercises that tone the body. An excellent total body workout without bulking up.

All levels – Andy's Aerobics – MWR CENTRAL

Circuit Training

Cardio drills laced with muscle conditioning exercises that are timed. Goal is to work cardio and conditioning at a moderate to high pace. **All levels – Andy's Aerobics – MWR CENTRAL**

Pvolve – Build strength, mobility & stability - All levels – Andy's Aerobics – MWR CENTRAL

Resist-A-Ball – Cardio and toning done on stability ball for a complete workout with no weights- All levels – **Andy's Aerobics – MWR CENTRAL**

Relax w/Yoga- A gentle total body Yoga practice. A great way to relax and refresh. **(NEW CLASS) – All levels – Andy's Aerobics – MWR Central**

Soul Cycle - A 60 minute spin, with familiar old school music under a fantastic disco lights show. **All levels –**

Step aerobics (currently not offered) – 30min step class on Tuesdays immediately following Cardio Box – Intermediate level

The Weigh It Is – An online healthier eating weekly segment that encourages smarter eating options. – **Facebook LIVE – currently not offered**

Waist & Up – Total Upper body and CORE workout – **All levels - Andy's Aerobics – MWR CENTRAL**

Walk On – Saturdays @ 9am A self-pace 1-, 2-, or 3-mile option!
All levels –Virtual

Water Aerobics (in-person only)(currently not offered)

Water group exercise designed for Special populations using modified moves for individuals who may have limitations. Since these classes are slower, they are also great for Seniors. (currently closed for renovations) – **Knight Indoor Swimming Pool**

Pilates– A total body conditioning workout that builds CORE strength, calms the nervous system, and eases muscle pain and tension from regular exercise. – **All levels - Andy's Aerobics – MWR CENTRAL**

Beginner Strength Training: 45 minute strength and conditioning workout for beginners featuring modern and trendy exercises – **Beginners & Intermediate - Andy's Aerobics – MWR CENTRAL**

Zumba – Uses four basic rhythms based on simplified versions of salsa, meringue, cumbia, and reggaeton (mixed with a bit of other styles) **All levels - Andy's Aerobics – MWR CENTRAL**

CLASS LINEUP SUBJECT TO CHANGE