

A variety of adult aerobics classes are offered at the Westonka Activity Center. Classes are professionally taught in a comfortable setting with safety and fun in mind. No pre-registration required. Just scan your membership card at the front desk, or pay the Daily Fee when you check in if you are a non-member. **All equipment is provided with the exception of mats, towels, or blankets (where applicable).** Please consult with your physician prior to beginning any new exercise program.

Space in some classes is limited.

Bootcamp:

Bootcamp is one of the most popular high-intensity workouts around! Burn calories, tone muscles, maximize fat loss, and increase your metabolism. Each class is different. You will never have the same routine — and never get bored.

Fit Express:

Fit Express brings strength training and cardio to you for a fast-paced, high intensity, fat burning workout! Work multiple muscle groups to maximize your results while you rotate through stations, giving you the challenge desired for change.

XABeat:

XABeat is a dance-fitness program that provides a high intensity cardio and toning workout in a party-like atmosphere. We use top-rated, highly energetic, American music so everyone in class will understand, relate and lose themselves in it. The routines combine easy-to-follow dance steps and effective fitness moves. XABeat makes fitness FUN as we dance calories away and increase our self-confidence.

RUMBLE:

RUMBLE is an authentic, yet simple to master, cardio mixed martial arts class that is adapted for the group exercise environment. No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the ability to have fun along the way!

Latin Cardio/Strength:

This class is an hour of intense cardio and strength training. We will do cardio/dance for the first half of class and choreographed strength training for the second half. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the entire body!

TRX:

TRX® is Total Body Resistance Exercise. A TRX® workout is about suspension training using your body weight. This is a great workout for all ages and abilities. The instructor will work with you to accommodate workout level and limitations.

Total Body Conditioning:

TBC combines strength and core training with cardiovascular intervals for a full body workout. This class will get your heart pumping and your muscles flexing. Suitable for all fitness levels. Determine how hard you want to work by choosing appropriate weights. Instructor will offer modifications as needed.

Hatha Yoga:

This class begins with mindful breathing and accepting where the body is at, then progressing into warming up the body with easy movements that transition into sun salutations and holding postures. Back bends and inversions may be introduced and modifications are offered. Discover a deeper connection between body and breath as you gain flexibility and strength. Suitable for all levels.

Yoga Flow:

This class starts out in stillness and progresses to a flow where postures are linked with breath to develop strength, flexibility and focus while realigning the mind and nervous system into balance, and ending with relaxation. Inversions and back bends will be introduced with modifications. Best suited for those with prior yoga experience.

Sunrise Yoga:

Sunrise yoga will help improve your breathing throughout the day and help you focus. This class is designed to help with stress and anxiety, improve flexibility, find balance, improve posture and start your day with a smile! All fitness levels welcome.

Circuit Saturday:

Come get your weekend started off right! Circuit training is a full service workout that will build muscle, speed, and endurance. This workout touches all the bases as we will strengthen your muscles with weight training and improve stamina through HIIT training and cardio. This class is for anyone looking for a challenging workout that will push your physical limits!

Barre:

Barre is a full body workout that will tighten, tone, and strengthen your body. This workout focuses on exhausting individual muscle groups and then stretching them out. Barre will strengthen and lengthen your body.

Aqua Fit (See Aquatics schedules under Quick Links tab):

Experience the benefits of water with Aqua Fitness! Aqua Fit is a low impact, shallow water, intense cardiovascular workout. Equipment is provided and used to increase intensity and heart rate.

Active Older Adult (AOA) Program: The Westonka AOA Program is designed with the older active adult participant in mind. The program's overall goal is to assist, support and empower AOA program participants in increasing muscular strength and range of motion, while creating a fun and safe environment.

AOA Total Body Conditioning:

TBC combines strength and core training with cardiovascular intervals for a full body workout. This class will get your heart pumping and your muscles flexing.

AOA Cardio Resistance Training:

The AOA Cardio Resistance Training class is set to great music and delivers a combo of cardio and foundational strength training for a fun, full body workout. If you are ready to get moving, this class is for you!