

FITNESS CLASS DESCRIPTIONS AT THE GATEWAY

YOGA

All levels from beginning stretch to power advanced

ZUMBA

The Cardio Latin Dance Sensation (2 levels!)

PILATES

Strengthen and tone your body with different stretches and poses

METABOLIC EFFECT Strength training exercises mixed with cardio intervals with a certified personal trainer

BELLY DANCING

Get in shape while having fun in this entertaining class.



STRENGTH TRAINING FOR OVER 55'S

Learn how to use the strength machines in the fitness room especially designed for our over 55 population.

BALL AND SCULPT

Use the stability ball to strengthen and stretch your body.

CHAIR EXERCISE CLASS

All ages can benefit from this seated class with various strength building exercises, bands and hand weights.

TAI CHI

The ancient self defense art from China



TREAD AND SHED

Shed pounds and use the treadmill effectively to increase your endurance; led by Emily Davis from Fleet Feet.

SPINNING

Experience the excitement of a bike ride like you've never had outside!



YOGALATES

Mix Yoga and Pilates and you've got it! Two workouts in one.

CARDIO KICKBOX

Punch and kick your way to a leaner healthier body

AFRICAN DANCE

A unique and amazing style of dance that is a fun workout.