

Halo Athletic Club

Participating in a Group Fitness class is one of the best ways to have fun while working out. Not only will Group Fitness classes keep you motivated, they will allow you to determine exactly how hard you want to work out. IAC has created a solid foundation of fun, modern, and traditional workout classes with certified instructors so we can assure members they are receiving the best instruction and experience possible.

Strength & Cardio Classes:

Boot Camp: High energy and high intensity class guaranteed to give results! A mixture of running, drills, plyometrics, lunging, sprinting, squatting, push-ups, weights, etc with motivational music. Sports based moves and drills to challenge any fitness level. Strength, endurance, and cardio all in one class!

Core Power: Unique moves guaranteed to strengthen your core, tone your entire body and give you flexibility. The first 25 minutes of class is focused primarily on your core using weights and resistance while the last 30 minutes strengthens and adds flexibility to the entire body by using a variety of equipment along with yoga, and stretching.

Cycling: This class is great for cross training. A high energy class that allows each participant to choose the level they want to ride. Great cardio and leg work out! Cycle is a group setting. Instructor will teach you safe and proper techniques to maximize your workout. Any fitness level welcomed! Please bring a water bottle and towel to class. No experience necessary, but class reservation recommended at the front desk.

Get Ripped: A full body workout using weights to get those muscles ripped! All the best exercises to get you toned: squats, presses, lifts, curls, sit-ups, etc. This class will use various routines to get the best results for you!

Turbo Kick®: The gym version of Turbo Jam. An addictive workout that combines shadow boxing, kickboxing, sports drills, and simple dance moves in a party atmosphere. It's an interval based class that allows participants of any fitness level to participate and custom tailor their work-outs. It only takes one class, and you'll be a Turbo Kick® fanatic like thousands of others!

Zumba®: This class is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system! We want you to want to work out, love working out, and keep coming back for more. The routines feature fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits, not to mention maximized caloric output with easy to follow steps!

Zumba Gold®: A great class to start your Zumba® experience! This is a lower impact, beginner level for all ages.

Mind and Body Classes:

Pilates: A unique, but effective method of strengthening your core muscles (abs, hip flexors, gluts, abductors and adductors and lower back) Performed on a mat, Pilates teaches purposeful movements that can improve your daily functionality and maintain a healthy back. This class integrates breathing, flexibility, strength, precision, and body awareness to lengthen, define, and sculpt muscles. Please bring a mat.

PiYo®: Combines yoga and mat method based on Pilates to enhance muscle strength and length. Also designed to improve posture, flexibility, and physical awareness. Appropriate for all fitness levels. Please bring a mat.

Yoga: A yoga workout (Vinyasa-based) that approaches strength from a different angle, emphasizing muscle endurance rather than pure power. Focuses on musculature to enhance strength, flexibility, and balance while toning the entire body. The yoga poses will give an all-over stretch but also build strength. Students are encouraged to work at their own pace and bring a mat.

Pool Exercise Classes:

H2O Fit: High energy and challenging water workout for all fitness levels. This class focuses on cardiovascular and muscular strength. Working against the resistance of the water increases balance, coordination, and range of motion. Buoys and noodles are used for added resistance.

Please introduce yourself to the instructor and let him/her know your fitness level and any injuries you may have.