



group fitness

Unlimited access to group fitness classes is included with your Monon Community Center membership. If you wish to attend a group fitness class and don't have a membership, that's okay! Just purchase a day pass and you can drop in to join the fun.

Most classes are 50 minutes in length, except for our extended yoga classes (65–85 minutes) and our express classes (30 minutes). Classes are open to ages 15 and up and 11–14 year olds are permitted with a parent/guardian present in class. We offer modifications based on participant skill level.

AQUATICS

AQUA BOOTCAMP

Enjoy the indoor pool while burning calories. This class is the perfect combination of cardio and strength in the water to improve endurance and strength in a low-impact format. This 50-minute class is open to all levels and may incorporate aqua dumbbells or other water equipment to add resistance.

AQUA BODY BREAKDOWN

Enjoy the indoor pool while getting a full body workout with Body Breakdown! This 50-minute class features a ladder style workout alternating intervals between cardio and strength exercises to maximize your time in the water.

AQUA TABATA

Boost your metabolism and improve cardiovascular strength in the pool during this high intensity interval training class. This class is a combination of cardio and strength moves designed to rev up your metabolism by burning calories and building strength. This 50-minute class is open to all levels and may use a variety of aqua resistance fitness equipment.

AQUA STRENGTH

Enjoy the indoor pool while boosting metabolism and getting stronger in the water! This class is great for improving muscle tone and strength. This 50-minute class is open to all levels.

AQUA ZUMBA

Enjoy the indoor pool while splashing your way into shape! This class is a low impact aerobic pool party that tones the body using fitness moves and Zumba choreography. This 50-minute class is open to all levels and does not incorporate equipment.

AQUA MIX

Enjoy the indoor pool while getting a great workout with the variety Aqua Mix offers! This class will bring a little bit of everything including cardio, strength, endurance, stretching and more. This low-impact 50-minute class is open to all levels and may incorporate aqua fitness equipment.

GENTLE AQUA

Core strengthening in a gentle aqua format. This class features a combination of moves to improve core strength and posture. This 50-minute class is open to all levels and might incorporate aqua equipment to add resistance and build new strength.

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STRENGTH

ACTIVE STRENGTH

New to exercise? This class is a safe way to elevate your heart rate, increase your range of motion, and experience a great workout while minimizing impact to the joints. This 50-minute class is great for new exercisers or seniors who need a low impact, slower-paced strength class.

BOOTCAMP

Feel athletic with this sports-inspired workout. This is a full-body workout that will push your body to the limits in a fun, motivational way. This 50-minute class is for experienced exercisers and will incorporate a variety of equipment including sand bells, medicine balls, jump ropes and dumbbells.

BUILD & BURN

Sculpt and chisel muscle definition while increasing strength and power with the use of dumbbells, bands, gliders, and yoga balls in this fun 50-minute class. Bring your own mat.

CIRCUIT TRAINING EXPRESS

Trainer lead circuits lead to positive individual fitness level results. This class challenges your muscle groups using a variety of equipment in short, high-intensity stations. This 30-minute class is open to all levels and offers a variety of weight options at each station for an individualized challenge.

HUSTLE, MUSCLE & CORE

Build strength and cardiovascular endurance with a focus on lean muscle growth and excess fat loss. This class encompasses use of the track, weights and body weight exercises to gain muscle mass, while achieving cardiovascular endurance targeting all major muscle groups. This 50-minute class is open to all levels.

LIFT IT & HIIT IT

Achieve your strength goal. This easy-to-follow strength class challenges various muscle groups using resistance bands, handheld weights and more. This 50-minute class is open to all levels and uses medium weights and body bars.

SILVERSNEAKERS® CLASSIC

Have fun with fitness at any age! This class is designed to increase muscular strength, range of motion, and ability to accomplish daily living skills. This 50-minute class is open to all guests and encouraged for seniors. It incorporates light handheld weights, elastic tubing, a chair, and small fitness balls.

STRICTLY STRENGTH

Achieve your strength goals. This is an easy-to-follow strength class that challenges various muscle groups using resistance bands, handheld weights and more. This 50-minute class is open to all levels and uses medium weights and body bars.

TOTAL BODY CONDITIONING

Make life easier with total body activation and strength. This class features continuous cardio and strength moves designed to improve your overall fitness level. This 50-minute class is open to all levels and uses a wide range of fitness equipment.

CARDIO

CARDIO STRENGTH INTERVAL

Cardio-based movements, alternating with strength exercises create a super-charged interval format. This class will fatigue major muscle groups to increase your overall fitness level. This 50-minute class is open to all levels and uses a variety of resistance based equipment including stability balls, weights, steps, and bands.

CYCLE

Pedal your way into shape in this low-impact cardio class! This class is on an indoor cycling bike and incorporates speed, strength and hill work created by changing the resistance cued by the instructor. This 50-minute class is open to all levels and can help you keep track of calorie burn with bike monitors.

DANCE CARDIO

Shake, move and groove! This cardio class is high-energy and will have you burning tons of calories while you dance to pop music. This 50-minute class is open to all levels and requires no equipment.

HIGH FITNESS

Transform old school aerobics into a highly addictive new fitness experience. This class is high energy and incorporates non-stop cardio to burn hundreds of calories a session. This 50-minute class is open to all levels and uses body weight movements only.

POUND®

Rock out with your friends! This is a fat burning workout that uses drumsticks to improve strength in a beat based way. This 50-minute class is open to all levels, and uses your body weight, a mat and drumsticks.

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STEP

Blast calories in this classic aerobic workout. This class uses a step bench with specially designed choreography. This 50-minute class is open to all levels and offers modifications to create low-impact options.

TABATA

High intensity interval training to boost your metabolism and increase your cardiovascular endurance. This class incorporates strength and cardio moves in 20 second bursts followed by 10 seconds of rest for 8 rounds to improve your overall fitness level. This class is a 50-minute high-impact class with modifications offered.

ZUMBA®

Shake, move and groove! This dance cardio class is high-energy and incorporates music from around the world. This 50-minute class is open to all levels and requires no equipment.

MIND / BODY / FLEXIBILITY

BARRE BLEND

Lengthen, strengthen and tone your core and body. This is a low-impact class that features ballet barre movements, mat-based Pilates, and strength exercises. This 50-minute class is open to all levels and uses a barre, light handheld weights, a mat, Pilates ball, and resistance band.

BEGINNING YOGA

Beginner yoga focuses on teaching basic yoga postures and healthy alignment. This weekly 50-minute class is for everybody and every body. All levels, abilities, shapes and sizes are welcome. If you have been wanting to begin a yoga practice to reap all of the health benefits that yoga has to offer ... now is the time! Bring your own mat.

CHAIR YOGA

Calm your body and mind. This gentle yoga flow is designed to improve flexibility at a slow pace that incorporates breath to each stretch while seated. This 50-minute class is great for seniors or new exercisers and will not incorporate floor work.

EXTENDED YOGA

Take your yoga practice to the next level! This yoga flow will incorporate more intricate yoga flows and advanced yoga postures. This 90-minute class is designed for intermediate to advanced participants.

GENTLE YOGA

Calm your body and mind. This gentle yoga flow is designed to improve flexibility at a slow pace that incorporates breath to each stretch. This 50-minute class is great for seniors or new exercisers.

POWER PILATES

Power up your body with strength and balance. This class incorporates standing and traditional Pilates moves to strengthen your core and stabilizing muscles. This 50-minute class is open to all levels and uses traditional Pilates equipment.

POWER YOGA

Work your mind and body to the max! This powered-up Vinyasa class is an intensified flow intended to build strength, increase flexibility, and boost your energy. This 75-minute class is designed for those with prior yoga experience.

PURE STRETCH

Reduce your risk of injury by working on flexibility and balance. This class is a great compliment to your cardio and strength class to improve flexibility. This 50-minute class is open to all levels and uses a mat and a stretch strap.

STEP

Blast calories in this classic aerobic workout. This class uses a step bench with specially designed choreography. This 50-minute class is open to all levels and offers modifications to create low-impact options.

STRETCH N FLEX

Reduce your risk of injury by working on flexibility and balance. This class is a great compliment to your cardio and strength class to improve flexibility. This 50-minute class is open to all levels and uses a mat and a stretch strap.

YOGA

This 50-minute class features breath-coordinated movements that allow the mind and body to recover from everyday stress and strain. Appropriate for all levels. Yoga props may be incorporated. Bring your own mat.