

Ball Pilates-Pilates exercises performed on a stability ball to increase core strength, improve balance and boost flexibility.

Barbell Burn-tone and define muscles while raising metabolic rate for rapid fat burning! Workouts will target all major muscle groups.

Barre-In this class you will be using the barre and additional props to complete a full-body, Pilates based, non-impact workout.

Barre-Fit-A class with elements of Pilates, dance, yoga and functional training to motivating music. Performed at the barre for a full body workout.

Barre-lates-A blend of Pilates moves using the barre and resistance tubing combined with traditional Pilates mat based exercises.

Barre Balance – A unique class we designed for a gentle flow of balance work, toning and stretching

Beginner Barre – Introducing basic barre exercises to build strength, balance and flexibility

Chair FIT-Standing and seated exercises to strengthen, increase flexibility and improve balance

Chair Yoga-A yoga class incorporating a chair that increases flexibility, strength and balance, while decreasing stress and tension.

Chisel-Strong never looked so good! Become stronger in this intense training incorporating cardio conditioning with powerful strength moves.

Cycle-Experience the journeys...ride the flats and hills, sitting, standing, jumping, and sprinting. A mega cardio burning class without impact. NOTE: Arrive early to set up bike

FBI (Full Body Intervals)-A combination of intense exercises done in short, fast bursts to improve strength, cardio and agility

Fit Senior- For the advanced senior! A great combination class: F-Flexibility, I-Improves balance and posture, and T-Tones muscles.

Intense 45-A sweat fest, burning ultimate calories in just 45 minutes through interval training!

Kickboxing-Punch and kick your way to a better body. This class is great for all fitness levels. High energy for everyone!

Muscle Mix-Increase muscular strength and endurance by using the bars with plates.

Pilates-A mat workout to strengthen and stretch the whole body gaining long lean muscles.

Silver Sneakers-A great class for seniors that combines moves to keep you healthy and strong for daily living, incorporating a chair for most of the class.

Simple Stretch – Class will focus on dynamic and static stretching to increase range of motion and mobility

Step-A cardio workout using the step with no choreography! Different levels are introduced, and you keep that level for minute intervals.

Tabata-Extreme interval training that pushes you hard for 20 seconds and then rest for 10 seconds for 4 rounds of alternating exercises.

Yoga-A great mat class for any age or fitness level to increase flexibility, strength, and balance while decreasing stress and tension.

Yoga Lite: A gentler version of Yoga with a slow flow into postures (45 mins)

Z-Strong-Plyometrics and explosive moves that are interchanged with isometric moves.

Registration Requirements: You MUST register in advance to verify availability, so we can be in compliance with KY Healthy at Work Standards and to assist in general preparation.

1. For members who have their "new" Club Automation membership info - log into your account at <https://townandcountry.clubautomation.com/> and register online.
2. For members that do not have your new Club Automation account - call our staff at 859-442-5800 to reserve your spot. We can also help set up your new online account.
3. If you are not currently a member - contact us to learn about cost effective options to become a member.

Please note that, effective October 1st, there is now a \$2 charge for No Shows