

Group Exercise

3-2-1

Get ready to sweat! 3 min. Cardio - 2 min. Strength & 1 min. Core

BootCamp

An efficient and challenging form of conditioning that develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations.

Body Blast

A combination class that offers various movements from hi/lo impact, kickboxing, and muscular endurance to have a fun and challenging workout.

Dynamic Duo

2 min. of cardio followed by 2 min. of strength for total 45 minutes of core workout!

Express Tone

This class will improve circulation, metabolism and caloric burn in just 30 minutes.

Final Cut

This functional training class tones and sculpts the body using bars, dumbbells, resistance bands, Bosus and stability balls.

Fit, Function, Balance

Improve muscle endurance, strength and balance

F.I.T.

Takes the traditional weight lifting class to the next level by utilizing movements to improve strength, mobility, and stability.

Kickboxing Intervals

Combinations of upper- and lower-body strikes and athletic drills make up this killer cardio workout.

Let It Go Hi/Lo

This class will help develop functional strength, muscular endurance and core stability which will improve overall balance and stability.

Med Ball Blast

This class targets all areas for strength & toning. You are going to sweat & raise your heart rate while having a "ball".

Muscle Endurance

Target every muscle group! Build overall strength.

Muscle MAX

Increase your strength, develop lean strong muscles, and start building that body you've always wanted.

Sit & Get Fit

30 minutes of low impact aerobics followed by 15 minutes of balance and stretching.

Seniors on Strength (S.O.S)

Toning class using tubing and dumbbells for resistance while alternating between sitting, standing, and walking to improve movement and balance.

Strength Conditioning

Build lean muscle using a variety of exercise equipment guaranteed to improve your fitness levels and endurance.

Stretch & Alignment

Create a leaner, stronger, more flexible body using classic sculpting and stretching techniques.

TABATA

This high intensity interval class will sculpt tone and strengthen the entire body as well as improve your cardiovascular endurance.

Total Body

Total Body is a high-energy format to challenge muscular strength and cardiovascular endurance.

Triple Threat

50 minute class to complete blocks of: 3 minutes of cardio, 3 minutes of strength, and 3 minutes of core.

Zumba

A fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO."

Zumba Gold

A lower-intensity version of the Zumba class and designed to meet the anatomical, physiological and psychological needs.

Aqua Fitness

Aqua Cardio Blast

Moving with intense cardio and strength movements using the full benefit of the water's resistance.

Aqua Fit'n Flow

Both high intense cardio and low intense movements using the full benefit of the water's resistance.

Aqua Flow

The full benefit of the water's resistance. Half the class is in the lap pool & last part in warm pool.

Aqua Intervals

Using different intensity intervals from high energy to recovery you will be able to increase endurance and strength.

Aqua Mix

A true mix of equipment and balance moves to improve cardiovascular fitness, strength and flexibility.

Aqua Mix Plus+

An aqua workout with interval training and power moves to improve cardiovascular fitness & strength.

Aqua Tone

This aquatic exercise class will enhance muscular tone, using the resistance of the water, water weights, noodles, and more.

Tabaqua

Tabata training in the water. 20 seconds of all-out, intense work followed by 10 seconds of passive recovery.

Mind/Body

All Level Yoga & Yoga Flow

Practice poses, breath awareness, strength, flexibility, form and flow.

Barre and Barre Sculpt

Mixture of mat exercises, free weights, and dance elements. No actual dancing involved, no need any experience in dance, yoga, or Pilates!

Beg. Friendly Yoga

Combination of healthy alignment and the freedom to play within familiar and beginner yoga poses.

Chair Yoga

Cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

Hatha Yoga

It combines postures (asanas) with

conscious breathing (Pranayama) while developing flexibility, balance, endurance, and mental clarity.

Pilates Mat & Power Pilates

Improve core strength, balance and stability with Pilates Mat exercises.

Purifying Yoga Flow

A rhythmic and devotional flow practice where you can explore every pose.

Restorative Yoga

This class emphasizes deep breathing exercises, poses and stretches that promote flexibility, awareness, posture, comfort and relaxation.

Sunrise Yoga

A morning yoga practice can be an exhilarating challenge that sets your day for success both mentally and physically!

Vinyasa Flow

An energizing yoga practice involving movement through a sequence of poses (asana) coordinated with the breath.

Warrior Sculpt

Combine free weights to intensify yoga flow sequencing, mix in Pilates and strength-training moves.

Yogalates

Combined Pilates and yoga for a total body workout focused on strength and balance and core.

Yoga Flow and Nidra

Will allow your mind and body to slip into a deep state of relaxation.

Cycle

Cycle 45

Ride through a musical journey as you burn calories & build up a sweat performing intense interval work efforts.

HIIT the Road

High Intensity Interval Training on a stationary bike including interval training techniques.

Power Cycle

Take a heart-pounding ride through hills and drills. This is the best cardio calorie burner out there.

Spinning

This class will increase cardiovascular endurance. For beginner to advanced level.

Threshold Ride

Get lost in the fun and burn lots of calories on this intense ride.