

## 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.

### 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

Energetic low impact cardio workout for the entire body

### Med ball Blast

The 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

Geared for improving flexibility for all muscle groups through various stretching techniques.

### TABATA

A highly popular exercise for those who are looking for a fast, effective workout guaranteeing you to sweat.

### TABATA Sculpt

50% high-intensity interval training and 50% focus on sculpting and abs.

### Total Body

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

### Triple Threat

55 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

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

### Barre

Enjoy the strength workout while keeping your joints flexible and muscles elongated. No actual dancing involved, no need any experience in yoga or Pilates!

### Balance. Brain .Spine (BBS)

Challenge your minds with brain games, and focus on exercises that support your spine. Remember, a healthy spine is a healthy life.

### 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 / Yoga 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.

### Walking & Stretching

45 minute workout achieving over 2,000 steps. We're adding stretching exercises to increase flexibility and range of motion.

### 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 increased cardiovascular endurance. For beginner to advanced level.

### Threshold Ride

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



Scan the QR Code to Access our Classes