

Advanced Cycling - advanced indoor cycling class includes structured, high intensity interval workouts that will challenge you aerobically and anaerobically.

Aqua Yoga - takes the principles and movements of **Yoga** and adapts them to the **water** environment.

Aqua Zumba – Class held in shallow end. A high energy dance themed exercise class.

Back to Basics – Workout that EVERYONE can do! A slightly slower paced total body workout with cardio and strength components, Fitness 101 at its best!

Barre – Fun and innovative, ballet/Pilates inspired workout designed to tone, sculpt and reshape your body while increasing flexibility and improving balance. Barre exercises rely mainly upon one's bodyweight for resistance, are low-impact, and the moves challenge your core stability and balance. This class is appropriate for all ages and fitness levels.

Body, Mind Workout - Learn the perfect exercise to develop balance and breathing techniques, feelings of health, strength and well- being while increasing the body's energy (CHI). Let us help you feel healthy and lift your spirits.

Body Sculpting & More... - Also known as weight training, resistance training and strength training, is a form of exercise using various types of weights along with body weight to give you tone and sculpted muscles!

BOSU Boot Camp – A challenging class that incorporates the use of BOSU balls, which focus on the core, multi-impact moves, toning, drills, and various other equipment.

Box Fit - The perfect combination of cardiovascular and muscle training. You'll burn more calories, develop and tone more muscle in a boxing workout more than you will with any other training method. Be fit like a boxer.

Box HIIT – Combines some of the favorite moves of boxing with a high intensity interval training bodyweight set that will push your body to its limit.

Cardio Intervals - A great cross training class that combines a variety of cardio segments with toning exercises to get your body guessing and keep your workout interesting!

Cardio Kickboxing - The ultimate cardio challenge. A high intensity workout using punches, kicks, hooks and a variety of combinations.

CIZE – It's dance, its sweat. It's the future of exercise. CIZE is professional dance for everyday people. This isn't one of those dance workouts where you just shuffle your feet to the beat, it breaks down professionally choreographed dance routines, step-by-step, so that anyone can dance!

Crossfire – Constantly varied functional movements performed at a High Intensity that keeps your heart rate elevated for the entire hour. Class is limited to 15 participants in order for the instructors to coach, spot and teach safely.

Cycling – A challenging group cycling class. Instructors will utilize various training techniques and motivational strategies to simulate actual outdoor riding experience.

Deep Water Workout – A high intensity, low impact aqua class, held mostly in the deep end of the pool. Must be comfortable with a flotation belt.

Drums Alive – Seated cognitive thinking class using drum sticks patterns. Develop coordination and concentration all while having fun.

Foam Rolling - This class incorporates both stretching and self-myofascial release of trigger points in the muscles with foam rolling.

Gentle Yoga – appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice.

Have a Ball – Class is designed to teach stabilization and exercise techniques using the resist-a-ball.

Insanity – Find out what you're made of! If you want an insane body, it's time to do something crazy. Get insanely shredded!

Joint Effort – Aquatic exercise program especially designed to help improve muscle strength and flexibility with the aid of the water's buoyancy.

Junior Bootcamp - Geared towards kids (9-12 yrs). Fun-filled class consists of sports drills, body weight exercises, circuits and interval training.

Meditation – Together we'll practice mindfulness-based meditation and explore other meditation and relaxation techniques. Leave class feeling clear, calm and centered.

Pilates Burn – A series of mat exercises using Pilates techniques, improve strength, breathing, flexibility and balance while burning calories. The perfect complement to all forms of exercise.

PIYo – A class that combines muscle sculpting, core firming pilates, with strength and flexibility advantages of yoga. We add a bit of speed to it and you end up with a fat burning low impact workout!

Pound – A Pilates based program, with a combination of cardio and strength with “constant simulated drumming.” Yes, as in with drum sticks.

P90X - An interval or “rounds” style class, that anyone can do! Weights, Bands, Bars and more are used, work at your own pace and get your “sweat on”!

Rezi - a workout that combines cardiovascular exercise and resistance training to help you achieve your fitness goals in just 30 minutes from start to finish.

Silver Sneakers – Have fun and move to the music through a variety of exercises to increase muscular strength, range of motion and activity for daily living skills. Hand held weights and a ball are offered for resistance and a chair is used for seated and/or standing support.

Step & Strength – Get your cardio and strength all in one class! This class will utilize the step for cardio segments and weights, bands and bars for strength segments, be prepared for a TOTAL body workout!

Strength & Balance - Improve your posture and increase your Strength and Stability.

Swimnastics- Class held in the shallow and deep end of the pool. Low impact aqua aerobics class that will improve strength and flexibility through aerobic conditioning.

Tabata Bootcamp - Tabata is a simple yet effective interval training technique designed to boost the body calorie burning mechanisms.

Class includes periods on cardio and strength training. Improve your overall body conditioning and image!

Total Body – Using weights, body bars, balls, bands and more! This workout promotes muscular endurance, strength, flexibility and proper body alignment.

Tai-Chi – reduce stress and anxiety and also increase flexibility and balance.

WEIGH Hard Workout – An interval class that BURNS THOSE CALORIES! Weights and Bars will be incorporated to PUMP UP your strength component...and don't forget about the energizing music that keeps you going till the end! Be prepared to sweat!

YASNAC (ages 13 and up) – Young Adults special needs aqua cardio class. A weekly shallow water class with activities such as aqua Zumba, kickboxing, calisthenics and fun.

Yoga – This class explores asana alignment, Vinyasa flow, proper breathing and relaxation. Build core strength, flexibility and balance of mind and body.

Yoga for Active Adults & Chair Yoga – For our older adult population, this is a gentle class incorporating range of movement exercises, alignment, stretching, strengthening, awareness, breathing and relaxation to refresh, energize, improve posture, deepen breathing and improve sense of well-being. *In addition, it is a chair-supported or chair-based class*

Yoga Basics – In this class for all levels, the instructor will introduce you to a wide array of yoga poses with options for students of all abilities. There will be a focus on safe alignment and mind-body-spirit connection in an environment where everyone will feel comfortable and supported, yet challenged.

Yoga Flow – This class will build strength, flexibility and balance in body, mind and spirit. Poses are linked with the breath to create a synchronized flow. Suitable for all levels.

Yoga for Men- is an open level class designed to introduce men to the benefits of yoga. Explore physical poses for balance and core strength, breathing exercises, and relaxation techniques to help you cope with the daily stresses and demands of your life.

Youth Circuit – Kids will use a variety of equipment and body weight to help build strength in all areas of the body. No choreography, just a fun workout!

Zumba – Zumba is a Latin Dance inspired cardio workout. High Energy, motivating music and unique moves!

Zumba (Challenge Program) – Special needs young adults join the party! Familiar songs. Easy to follow dance steps and fun!

Zumba Toning-- "Shake it. Tone it. Rock it. The Latin-Inspired Dance-Fitness Party. Serious Body Sculpting for Party Animals".