

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

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 & Balance Bootcamp – Not your average boot camp class! This class will incorporate strengthening all parts of the body, as well as focus on balance! Come prepared to work hard and see the results in no time!

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.

Boot Camp – A challenging class that incorporates multi-impact moves, plyometrics, 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.

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!

CIZE— It's dance, it's 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.

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

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!

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

Lite & Low – Low impact cardio workout, followed by strength conditioning exercises tailored for Mature Active Adults.

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

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

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

Power Flow Yoga – A fitness based Vinyasa practice. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits, including internal heat, increased stamina, strength, flexibility, as well as stress reduction. Adding in a HIIT element to the breath work and plyometrics for great cardiovascular workout as well.

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”!

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 & Abs – A great cross training class that combines step segments with abs exercises to get your body guessing and keep your workout interesting!

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

Strengthen & Lengthen – Balance your workout and your body by strengthening the entire core and lengthening the muscles that are tight from common activities.

Step Fusion – A great cross training class that combines step segments with toning exercises to get your body guessing and keep your workout interesting!

Tabata -Short duration strength training, and high Intensity interval training of timed rounds of exercise & rest periods. This workout utilizes upper body, lower body, core and cardio for maximum calorie burn!

Total Body – Workout 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.

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 – 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.

Zumba and Aqua Zumba – Descr. to follow - if we can change to excite.

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 Step--- Introducing Zumba Step. All of the Step toning & strengthening for your legs and glutes. All the Zumba fitness party fun you love.

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

20/20/20 – 20 minutes of cardio, toning and abs/stretching; you couldn't ask for a more total body workout!