

20/20/20 - the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. A variety of equipment will be used to give you a total body workout.

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.

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!

Body Works Plus Abs - Sculpt and tone your body in this total body class which also emphasizes on your abs!

Bootcamp Conditioning - A combination of cardio and strength using unique equipment options that will keep you on your toes! There is no format so every class is different! From intervals to sprints & strength exercises, your instructor becomes a drill sergeant challenging you to new heights!

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 - workout 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 Fusion - Mix of low-impact choreography and circuit toning all in one class!

Cardio Kickboxing - combine full-body aerobic exercises with boxing and martial arts moves.

Cardio Intervals - A fun filled class that integrates a variety of **cardio** and conditioning exercises (including high intensity **interval** training) to create an invigorating workout!

Cardio Shape - A fun and exciting mix of both cardiovascular and resistance challenges to sculpt and shape the human physique.

Cardio Strength Intensity - Both **cardio** and **strength** help maximize your time while creating an environment that increases your caloric burn and **strength**.

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. A chair-supported base.

Chi Kung - is a holistic system of coordinated body posture and movement, breathing, and meditation used in the belief that it promotes health, spirituality, and martial arts training.

Core Strong - Blast your core muscles with functional exercises that focus on abdominals and all the muscles that strengthen and stabilize your body.

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.

Express Abs - you'll improve your core strength, balance and posture in a focused workout with cutting edge abdominal and lower back exercises.

Fit HIIT - High Intensity Interval Training. Short burst of high-intensity exercise followed by a brief low-intensity activity!

Floor, Core & More - Addresses core strength, muscle endurance, range of motion/flexibility, joint stability, balance, coordination, and more.

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

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

Lower Body Express - This class focuses on hips, thigh, butt and abdominal toning exercises to achieve a firmer and stronger lower body in just 25 mins!

Meditation - practice mindfulness-based meditation and explore other meditation and relaxation techniques. Leave class feeling clear, calm and centered.

Palango! - Cardio toning endurance class that fusion the best of MMA, Capoeira, and Powerful fitness moves during 60 minutes. Full overall workout!

Pilates Barre Fusion - this is the ideal class for people who want to strengthen, align and define their whole body using traditional barre and ballet exercises while incorporating the precision, control and core-work of Pilates.

Pilates - Pilates improves flexibility, builds strength and develops **control** and endurance in the entire body.

Pilates Burn - A series of mat exercises using Pilates techniques, improve strength, breathing, flexibility and balance while burning calories.

Pilates Tone w/ Weights - Burn more calories and build more muscle using small weights during this unique Pilates with weights workout!

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.

Power Pedal - Pedal through hill climbs, sprints, and many other challenging drills and exercises

ReZist - A unique workout that combines 20 dumbbell movements performed for 1 minute with only 20 seconds of rest between each movement.

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.

Special Needs Step & Strength - A modified class with the same format as the class below.

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 - Focusing on all important core muscles which are critical for flexibility and balance. This class will help build strength and flexibility.

Tabata - one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

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

Total Aqua - A challenging cardiovascular workout to enhance stamina; muscular fitness strengthening and flexibility.

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

Total Body w/ Core Conditioning - Working the entire body (see above) with emphasis on core conditioning!

Vinyasa Yoga - style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

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

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.

Yoga for Men - Here's how to use yoga to your advantage for increased flexibility, stability, sports performance, and overall stress-relief.

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

Zumba Tone - Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.