

CARDIO FITNESS

BOOT CAMP / BOOT CAMP CIRCUITS

A combination of cardio and body weight strength elements set up to challenge you & to keep the heart rate elevated for a great workout! BOOT CAMP CIRCUITS is same workout, but on timed intervals.

CARDIO KICKBOXING

Get your heart rate up with punches, kicks, jabs & upper cuts! Join us for this high energy fun way to burn some calories!

H.I.I.T:

(High Intensity Interval Training) workouts are 15 to 30 minutes in duration, that include short and intense workout sessions alternating high intensity intervals with recovery intervals. The HIIT approach to cardio exercise is very physically demanding and may not be appropriate for beginners.

STEP

This choreographed class is a fun and challenging way to get in a total cardio workout. You will use step that takes your traditional aerobics class to the next level.

ZUMBA

This fun class utilizes interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow

TRX SUSPENSION TRAINING

TRX BOOTCAMP

Using our TRX system and other boot camp style exercises, sweat your way to a totally conditioned physique!

TRX CIRCUITS

Using the TRX training system alongside other equipment to provide a variety of circuits to build endurance both muscular and cardiovascular!

TRX TRAINING

TRX Suspension Training class that will focus on the essentials to develop form & technique and use the basic exercises to transform your idea of a body weight workout! All levels welcome!

SPINNING

SPIN® Express

The same cycling journey as SPINNING®, just a shorter ride. 30-40 minute ride, Bring your water! All levels welcome!

SPINNING® /SPIN 45

An amazing 60 min journey, riding towards better health and fitness. Simulates true cycling in an indoor environment, designed for all fitness levels. Must bring towel and water bottle! SPIN 45 is the same workout, for 45 minutes.

MIND/BODY

CARDIOYOGA

A brisk paced YOGA class to keep the heart rate elevated while strengthening & lengthening muscles. This class is perfect for all those looking to improve their flexibility, but have a hard time holding still long enough for a traditional yoga class.

FLOW YOGA

A challenging body/mind adventure incorporating asanas, breathing & mindfulness for a complete yoga experience.

PILATES

The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.

POWER FLOW YOGA

Focus is on building strength and spinal alignment through the use of the breath, core and postures. Classes will include warm-up sun salutations, standing postures, lunges, balance work, ab work, twisting and light back-bending. All classes finish with a quiet, reclined relaxation period.

SLOW FLOW YOGA

Wake up the body with a one hour class designed with a vinyasa quality of movement, but at a pace that allows all level yogis to participate to find deeper access to each pose and the practice as a whole.

YOGA / YOGA BASICS

Come experience the tranquility of movement. Empower your mind and strengthen your body as you move through a series of meaningful poses. Yoga basics is great for beginners!

YOGA FOR STRENGTH & BALANCE

Combination of Ashtanga, & Iyengar, yoga styles. This class focuses on alignment, breathing, & balance. Participants of all levels are welcome & should expect a lighthearted, but physically challenging experience.

STRENGTH

TOTAL BODY BURN

Join this fun and challenging class that will get the heart rate up while strengthening your entire body!

BUTTS & GUTS

Tone legs and core like never before in this 45 minute class

PUMP IT UP

Join this fun and challenging class that will get the heart rate up while strengthening your body.

ABS / ABS CIRCUITS

Learn proper form & technique for strong core development in this ABSolutely awesome class. ABS CIRCUITS is the same type of workout, using timed intervals.