

Aqua

Aqua Fitness combines cardio and strength movements to maximize the resistance of the water.

Aqua Zumba combines Latin music, dance, aerobics, and fitness interval training in the water!

Cardio Kickboxing

Each fitness class combines martial art techniques and strength building moves to build stamina, flexibility and coordination in a fun, fast-paced, group fitness atmosphere.

Step Aerobics

Enjoy a stimulating and fun class that combines STEP aerobics, abdominal exercises, weights, and stretching.

Barre Burn

Barre is a high intensity, low impact class that will help improve your full body strength and flexibility by performing classic barre movements without the assistance of a barre.

Core Pilates

This class works to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with every movement.

TRX

Come enjoy a suspension training workout that uses body-weight exercises! This class focuses on strength, balance, flexibility and core stability.

Body Fusion

This total body workout uses strength and cardiovascular training while combining resistance, intervals, power plyometrics, and endurance exercises.

Fab, Fit & Fun

This class integrates strength, cardio, flexibility, and balance work. It is appropriate for those getting back to fitness or those wanting to maintain their current fitness level.

Turbo Kick

This fat-blasting, ab-defining cardio workout is a mix of kickboxing and dance moves set to fast-paced tunes. Each choreographed class will torch calories and tone muscles.

Boxing Workout

This boxing class will work your whole body. You will get a high level of cardio, muscle strength, sharp reflexes and a focused mind. Come improve your physical and mental strength.

HIIT

This fun, fat burning, complete body workout uses interval training, weights and your own body weight to build cardiovascular endurance and body strength.

Yoga

Gentle Yoga brings a strong focus to breathwork, mindful movement & flexibility.

Vinyasa Yoga

A fluid blend of intensity and stillness anchored in the breath.

Cardio Core

This class has dynamic core-stabilizing exercises and cardiovascular endurance to get your blood flowing and heart rate elevated.

Indoor Cycling

Orientation required before first class

This non-impact cardiovascular workout takes place on special stationary bikes. Participants work at their individual fitness levels.

Zumba

This fusion of Latin and International dance moves is a fun and effective workout. Classes feature aerobic interval training with easy-to-follow dance steps that will get you moving!

Zumba Toning class adds weights.