

**Aqua Fitness**

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

**Aqua Jog**

Aqua jogging is a form of cardiovascular exercise that mimics the motion of jogging while submerged in water.

**Barre Burn**

Barre is high intensity, low impact class that helps improve body strength.

**Springboard Barre**

This class is a Pilates and Barre workout that uses springs and levers attached to the wall-mounted "springboard".

**Body Conditioning**

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

**Cardio Kickboxing**

This fitness class builds stamina, flexibility, and coordination in a fun, fast-paced, group fitness atmosphere. Options are shown for all levels.

**Core & Glutes**

This class is devoted entirely to the two areas of the body we work so hard to tighten – the glutes and Abs!! Tone your middle areas with firming, sculpting, and lifting 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.

**Gentle Yoga**

This class brings a focus to breathwork, mindful movement & flexibility.

**Vinyasa Yoga**

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

**Hatha Yoga**

This class has basic yoga postures and breathwork for overall health. Emphasis is on strength, flexibility, balance, and focus to support a sustainable active lifestyle.

**HIIT**

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

**Indoor Cycling**

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

**Pilates Fusion**

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

**Step Aerobics**

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

**TRX**

This class focuses on strength, balance, flexibility and core stability.

**TRX Tone**

Come enjoy a strength and core workout using the TRX straps and the pilates springboards.

**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.

**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!