

Aqua Fitness combines cardio and strength movements to maximize the water's resistance. **Barre & Board** uses springboards to balance all muscle groups through strength and flexibility and core work.

Body Conditioning is a total body workout utilizing strength and cardiovascular training while combining resistance, intervals, power plyometric, and endurance exercises.

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

Circuit Training is a challenging workout that improves cardiovascular endurance and muscular and core strength through aerobics, weights, and floor work.

Fab, Fit & Fun integrates strength, cardio, flexibility, and balance and is appropriate for those just getting back to fitness or those wanting to maintain their fitness level.

Gentle Yoga is a wonderful, therapeutic class designed for all fitness levels, and is an excellent way to increase strength and flexibility in mind, body, and spirit.

Hatha Yoga takes you through basic yoga postures and breathwork for overall health. Emphasis is on strength, flexibility, and balance to support a sustainable active lifestyle.

HIIT is a fun, fat-burning, complete body workout that uses interval training, weights, and your own body weight to build cardiovascular endurance and body strength.

HIIT STEP is a workout that uses a step to do dynamic bodyweight exercises. It improves power, increases strength, and burns calories.

Indoor Cycling is a non-impact cardiovascular group exercise program in which participants work at their individual fitness levels using Polar Heart Rate monitors within the parameters of specifically designed class formats.

Pilates Fusion combines Pilates mat exercises with the Pilates springboards for a complete workout that balances all muscle groups through strength and flexibility.

Pilates Toning is a low-impact but challenging Pilates mat class focused on muscle endurance and control while increasing full body strength and muscle tone.

Pound this full body cardio jam session is inspired by the energizing and sweat dripping fun of playing the drums.

Step Aerobics is a fun class that combines STEP aerobics, core exercises, and weights.

Strength Combo is a high-intensity, low-impact class that will improve balance and core strength by using weights and bands.

Strength Training is a circuit class that uses weight plates, barbells, resistance bands, and steps to target the major muscle groups of the upper and lower body.

Tai Chi will improve strength, mobility, and balance.

TRX is a boot-camp-style workout on the TRX! This class will involve various strength and cardio intervals designed to challenge your body.

TRX Tone is a strength and core workout using the TRX straps and the Pilates springboards.

Turbo Kick is a fat-blasting, ab-defining cardio workout set to heart-pounding dance music that will have you looking forward to your next workout!

Vinyasa Yoga is a fluid blend of intensity and stillness anchored in the breath. Classes begin with grounding practices, transition into mobility and functional movement, followed by longer holds for strength and endurance with an invitation for a deep rest at the end.

Zumba is a fusion of Latin and International dance moves that creates a dynamic, exciting, and effective fitness system. The routines feature aerobic interval training with a combination of easy-to-follow dance steps that get your body moving!