

All Levels Yoga leverages the practice of yoga to cultivate community and connection in a supportive and nourishing practice with gentle movement and breath.

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

Aqua Gym is designed with various blocks of cardio, strength, speed and agility.

Bands & Burn is a low-impact strength class using mini loop resistance bands to target major muscle groups of the upper and lower body.

Barre & Board uses springboards to balance all muscle groups through strength and flexibility and core work.

Body Combat is a high energy, non-contact workout that combines mixed martial arts-inspired movements from disciplines like karate, taekwondo, boxing, Muay Thai, kung fu and Capoeira with motivating music to provide a full body fitness experience. Class concludes with core and flexibility.

Bollywood Pop Fusion Zumba is a medium intensity dance workout that will have you burning calories with a smile!

Circuit 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.

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.

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.

Line Dancing is a choreographed, non-partner dance form where participants perform a repeating sequence of steps in unison.

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

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

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.

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 smooth transition between asanas in flowing styles of movements that are paired with the breath.

Yogalates will blend the flexibility, mindfulness, and flow of yoga with the core strength, alignment and muscle toning of Pilates.

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!