



AFTERNOON ASANA

During your lunch break, treat yourself to this form of yoga dedicated to improving posture while incorporating meditation poses. You will leave feeling powerful and regenerated!



BALL LIKE A VOL

Combines stability balls, Bosu balls, and medicine balls to target all major muscle groups. All fitness levels are welcome to join and build both muscular strength and endurance in this fun filled class!



BATTLE ROPE BLAST

Battle ropes tone the entire body with a focus on core strength and stamina. This class is for all levels, as any move can be made more/less challenging. The battle ropes will be sure to blast your upper body while increasing muscular endurance in your legs.



BARRE

Barre is a workout that will make you feel confident and strong! It is designed to sculpt the muscles throughout the body while maintaining balance, stability, and grace



BARRE & BUNS

This 30-minute class integrates barre with a heavy focus on the glutes. If you're pinched for time, come try this upbeat class! No dance experience necessary to get in a great workout.



BOOT CAMP

An excellent way to improve mobility, strength and stamina. The class utilizes groups of strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a prescribed time period before moving on to the next exercise. The exercises within each circuit are separated by brief, timed rest intervals. The total number of circuits performed during a training session may vary.



BUNS & GUNS

This class provides an intense arm and shoulder strength workout then moves into lower body strength and toning. It is great for all fitness levels!



CIRCUIT TRAINING

Exercise every muscle in the body to develop overall endurance, conditioning and stamina. For all fitness levels! Get your heart pumping using equipment and your own body weight to tone your core, sculpt your legs/arms and flatten your abs. This full body routine is set to high energy music.



CYCLING EXPRESS

This class stimulates two basic types of terrains: flats and hills. When riding the spinner bike, little or moderate resistance is used for flat terrain, while using increased resistance simulates hills. In each type of simulated terrain, there are two basic positions: sitting and standing. This class focuses on combining different intensity levels and speed to create a self-controlled workout.



CYCLE SHRED

In a hurry? Come join this 30-minute version of Cycle Express for a nonstop workout! Bring your towels and water, Cycle Shred will have you sweating.



DANCE PARTY

Cardio Dance Party uses various styles of music to get the body moving! Dancing is an excellent way to burn hundreds of calories while also having fun.



FLEX & STRETCH

Being mobile is an important aspect of a healthy lifestyle. Not being able to move a joint freely through its full range of motion increases risk of injury. Flex & Stretch is designed to improve and enhance your mobility, strength, balance, and coordination.



KILLER CORE

Prepare yourself for a 30 minute abdominal and lower back attack! You will work your midsection muscles (abs, obliques, and trunk) to the max for 30 minutes. A perfect follow up to your personal cardio or weightlifting routine. All fitness levels are welcome!



MORNING RIDE

If you're a morning person, this cardio cycle class is a perfect way to start the day. Similar to Cycle Express, this class is 45 minutes with a combination of sprint intervals and hill circuits.



PILATES

Pilates strengthens the muscles that support the spine (the neck, shoulders, abdominals, hips and thighs) to bring balance into the body. Most body aches and pains are due to muscular imbalance. Pilates helps to realign the spine in order to decrease tension, increase flexibility, and strengthen the body from the inside out.



SQUAT & SCULPT

Squat & Sculpt is designed to strengthen and improve muscular endurance in the lower body muscles. This lower-body specific class emphasizes the glutes, quads, hamstrings, and calves.



STRENGTH CIRCUIT

Work specifically on building strength throughout the body. Each circuit will work either your upper body or lower body, or a combination of exercises. You will leave this class feeling powerful!



TABATA

Burn calories at 5 TIMES the rate of normal cardio exercises. Ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval of the same movement within a 4-minute period. Can double your metabolism for 30 minutes following your workout. Great for individuals of ALL fitness levels!



TRX

Suspension training bodyweight exercise that develops strength, balance, flexibility, and core stability simultaneously. TRX is an innovative practice originally used by Navy SEALs for training.



YOGA

The physical benefits of this class include muscle balance, skeletal alignment, muscle strength, increased range of motion, improved coordination, and improved function of internal glands and organs. (Types include Hatha Yoga, Meditation Yoga, Sunrise Yoga, Salutation Yoga, Vinyasa Yoga, and Beginner Yoga)



ZUMBA

Learn fun and easy Latin dance moves to great music. Combined with a mix of Hip-Hop dance moves. Let the dance party begin!