

- **BODYPUMP®** - A class using barbells to tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch. All levels.
- **BODYPUMP® Express** - This 45-minute of the original Body Pump is guaranteed to give you an awesome strength training workout in half the time. All levels.
- **BOOT CAMP** - Boot Camp combines both aerobic and strength training workouts that will progressively increase in intensity and have you bonding with your team to reach both individual and group goals. Intermediate/Advanced.
- **BRICKHOUSE** - Alternating periods of intense cardio drills with toning moves for active recovery with fun music to keep you motivated! Your body will continue burning fat even after you leave class. Beginner to advanced modifications offered.
- **BARRE** - this class includes ballet inspired moves that will sculpt your body like a dancer. No dance background required.
- **BARRE STRENGTH** - this class is choreographed with a series of exercises linked together to follow the ballet barre conditioning foundation to create firm, elongated muscles. Use of light hand weights is included.
- **CYCLING** - Add intensity to your program with group cycling! Beginners & competitive athletes alike will gain endurance and power by riding through a series of climb, sprint, & recovery intervals. All levels.
- **FOREVER FIT** - Improve your endurance & mobility with 30 minutes of low-impact aerobic exercise and 45 minutes of strength training to build muscle & increase bone density. This class is designed for active older adults (60+) & those in need of a modified fitness program. All levels.
- **HATHA YOGA** - Learn the fundamentals of yoga: basic postures (asanas), breathing, body awareness, and relaxation techniques. Postures are broken down with attention given to alignment. All levels.
- **HIIT Blast** - High Intensity Interval Training for a total body workout. Each muscle group is targeted through body weight movements, plyometrics and athletic based movements. NO choreography. The intervals are timed segments and modifications are provided.
- **YIN YOGA** - Mainly seated poses that gently stimulate the joints. Continual muscle relaxation and breath awareness to release tension in the body and mind.
- **SUNRISE YOGA** - Beginner level vinyasa class that ignites energy, providing stretching with a focus on breath.
- **YOGA/MED** - 75 minute hatha yoga class that includes 15 minutes of meditation at the end. Suitable for all levels
- **YOGA SCULPT**- equal parts cardio, strength and yoga, low impact but a calorie and fat torcher!
- **PILATES** - This class focuses on correct breathing, posture, and core strengthening while guiding students through a series of exercises designed to improve overall alignment, strengthen deep abdominal and back muscles, and encourage good posture.
- **VINYASA FLOW YOGA**- multi- level class focusing on” synchronized breath”. Class includes centering, sun salutations and a variety of poses that flow together.
- **YOGA/STRETCH** - A combination of Hatha Yoga with gentle stretching incorporated for relief of muscle tightness and soreness.
- **R.I.P.E.D.** - "A total body, high intensity style program utilizing free weights, resistance and body weight, combining Resistance, Intervals, Power, Plyometrics and Endurance. Modifications provided for all levels.
- **POUND**- A full body cardio jam workout using lightly weighted drumsticks. Torch calories and tone while working out to great music.
- **STEP EXPLOSION** - High intensity step class utilizing the latest step choreography & turbo charged combinations for the ultimate step aerobics workout. Get ready to be invigorated as well as entertained! Intermediate/Advanced. Burn up to 500 calories.
- **STRENGTH TRAINING** - Work with body bars, dumbbells, tubing, bands, & stability balls to strengthen & define all major muscle groups. All levels.
- **PIYO** - Incorporates effective dynamic conditioning, fast-paced cardio yoga-flows and bodyweight resistance strength training.
- **TOTAL BODY CONDITIONING (TBC)** - Interval of strength training and athletic aerobic conditioning (no choreography). Experience high-energy cardio training on the floor and body sculpting utilizing hand weights, body bars and more! Intermediate/Advanced.
- **TURBO KICK™** - Sport specific warm-up, bouts of intense intervals, easy to follow combinations, kick-boxing specific strength/endurance training and a Tai-Chi like cool-down. All levels.
- **ZUMBA®** - Combines high energy music from all over the world with easy to do dance steps in an effective workout that not only burns more calories than other fitness classes, but is also tons of fun! For ALL fitness levels.