

- **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.
- **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.
- **CORE AND MORE**- This 30-minute class uses light weights, resistance bands and your own body weight to strengthen all of your core muscles, resulting in improved stability and healthier posture.
- **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 low-impact aerobic exercise and 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** - 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.
- **INTERVAL TRAINING** – fast-paced cardio segments with rounds of strength and resistance moves for a total body challenge
- **KICKBOXING**- A fast-paced cardio class involving kicks, punches, plyometrics utilizing light hand weights at times.
- **YIN YOGA** - Mainly seated poses that gently stimulate the joints. Continual muscle relaxation and breath awareness to release tension in the body and mind.
- **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.
- **PILATES LEVEL II**- This class is designed for those familiar with Pilates fundamentals and beginner mat exercises. Participants will focus on flow, working through transitions and progressing through the Pilates mat repertoire.
- **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.
- **POUND**- A full body cardio jam workout using lightly weighted drumsticks. Torch calories and tone while working out to great music.
- **SOULBODY RESTORE**- class uses gentle stretching to increase mobility and incorporates restorative techniques.
- **STRENGTH AND STRETCH** – A total body strength class with an extended “stretch” cool-down at the end of class.
- **STRENGTH TRAINING** - Work with body bars, dumbbells, tubing, bands, & stability balls to strengthen & define all major muscle groups. All levels.
- **TABATA**- High intensity interval training that consists of 8 sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.
- **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.
- **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.