

BODYPUMP™ - A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, you will get a total body workout.

CARDIO KICKBOXING - This Tae Kwon Do-based class allows you to work at your own pace and is designed to improve strength and stamina by incorporating kickboxing moves with high intensity cardiovascular training. You will learn jabs, crosses, upper cuts, hooks, front kicks, round houses, etc.

CARDIO STRENGTH COMBO - Cardiovascular conditioning combined with strength training is the best way to burn calories while maintaining lean body mass. This class is a full-body workout that gets your heart pumping and muscles moving. You will feel the burn in all areas of your body

CHAIR YOGA - Experience the practice of yoga without all the up and down movement. Modifications are made for all. Practice balance, posture and breathwork to keep you feeling young and vibrant.

CORE AND MORE - This class focuses on developing core strength, alignment and balance by focusing specifically on abs, back and glutes.

CXWORX™ - This 30-minute core-training workout uses body weight, resistance tubing and weights to tighten and tone your midsection including abs, hips, butt, lower back and shoulders. Exercises are designed to improve your functional strength for better mobility and injury prevention. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness.

GRIT™ Cardio is a high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

GRIT™ Strength is a high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

PILATES - Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilates moves tend to target the core, although the exercises work other areas of your body as well. Moves involve slow, precise movements and breath control. It is a full-body exercise method that will help you do everything better.

RUMBLE - Get cardio, punches, kicks and sticks with Rumble. This program is an authentic, yet simple to learn, mixed martial arts fitness system that will shake it up!

STEP - Traditional step class with fun choreography.

TABATA - 20 seconds of intense work/10 seconds of rest x 8 = 1 Tabata block. How many blocks can you do? Let's find out in this class.

THE MIX – A variety of cardio and weight training exercises designed to strengthen and tone the entire body.

STICTLY STRENGTH – A full body strength workout using a combination of weights and body weight exercises.

YOGA - Yoga for all levels. This class focuses on stretching and breathwork. You won't sweat, but you will flow from pose to pose developing self-awareness, release tension in your mind and your muscles. Come to this class to rejuvenate your day, recover from your workouts and leave feeling refreshed and restored.

YOGA SCULPT – A high-intensity, dynamic yoga practice that incorporates resistance interval training and cardiovascular exercise into traditional yoga sequences.

ZUMBA - Fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout designed to be fun and easy to do! Add some Latin flavor and international zest into the mix and you've got Zumba! No prior dance experience necessary.