

Class Descriptions

Cycle All levels of fitness welcome in this challenging and popular class! Increase your aerobic capacity and improve your stamina in this 60 minute class that offers high intensity interval and endurance training; Water bottle and towel highly recommended!

Cardio Circuit A bootcamp style class where you will be challenged aerobically and anaerobically. Anything goes in this high energy, high intensity class. The instructor will use a mix of equipment to push your fitness to the next level!

Zumba This dance craze is here to stay! Latin rhythm mixed with high energy cardio, you hardly know you're working out! Moves are easy to follow and all fitness levels are welcome at this fitness party!

Powertone This full body toning class will challenge all of your muscle groups using bars, bands, dumb bells, stability and medicine balls. The instructor will help you realize the power you've always had!

Barre This dance inspired class will leave any level of athlete exhausted from head to toe! Starting with a low impact warmup and moving to a full body toning workout, the instructor will focus on muscle endurance and sculpting a killer physique using our ballet bar!

Core You aren't going to want to miss this one! Come flatten that belly, tighten those glutes, and strengthen your back in the class designed specifically for your core! A mix of equipment will be used.

Pilates Mat A series of whole body exercises designed to build strength while developing balance and flexibility. In 10 classes, you'll feel the difference, in 20 classes you'll see the difference and in 30 classes you'll have a whole new body. All levels welcome!

Yoga A class designed to integrate the body and the mind while focusing on strength, flexibility and relaxation.

Latin Jam This class is a combination of dance steps and aerobic movements designed to put the fun into fitness! Come relieve your stress and burn calories with this Rumba Aerobics inspired class featuring a fusion of different Latin rhythms.

Cardio Kickboxing Take your workout to a whole new extreme..... All levels of experience are welcome. Come hit, punch, kick and fight your way to a healthier you!

***Class etiquette** Cell phones should be left in a locker or gym bag and appropriate gym attire and footwear is expected. Please no hard sole shoes and no street clothes.